

VOL III

349

NO 4



PEOPLE'S HEALTH

JAN - 1949

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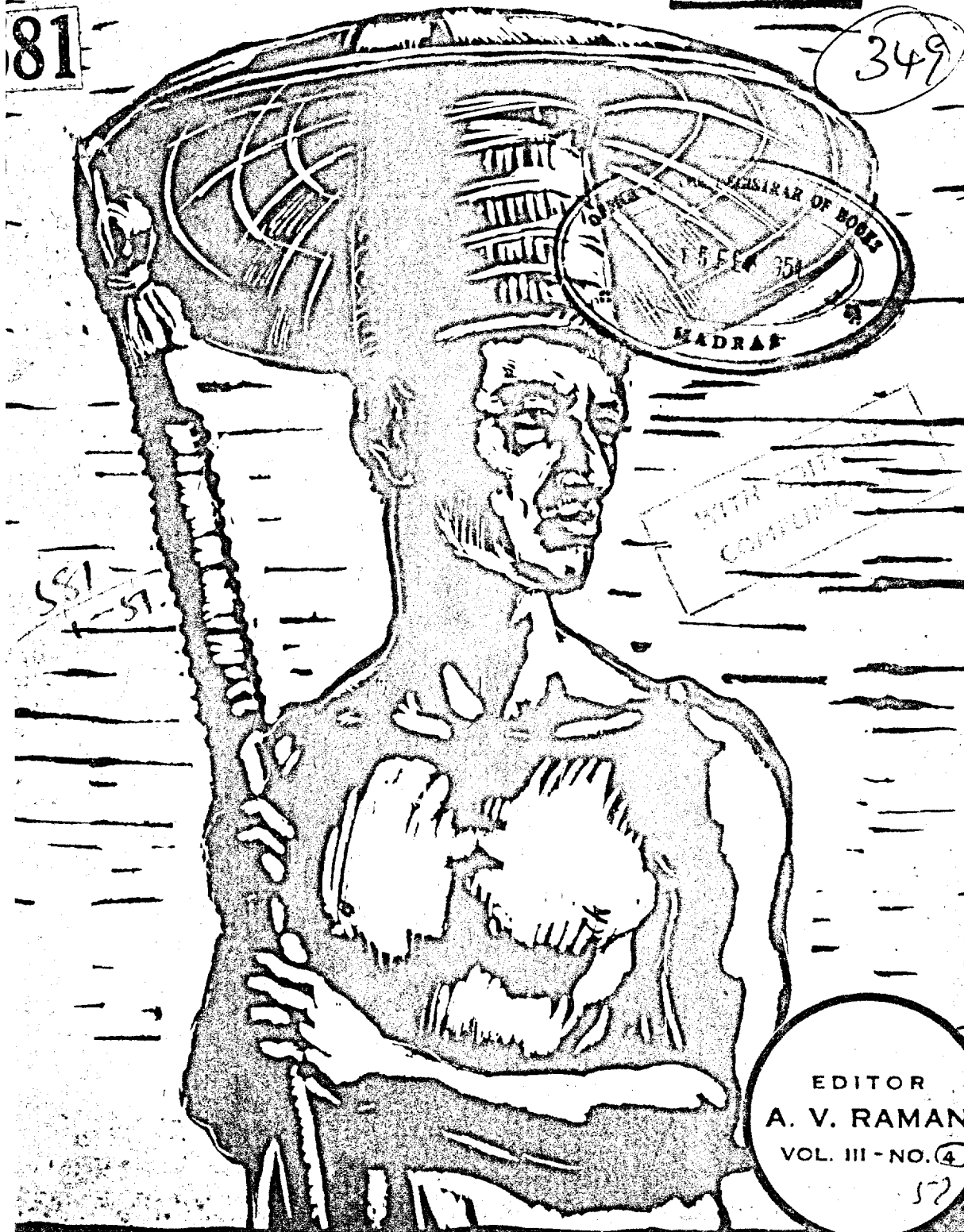
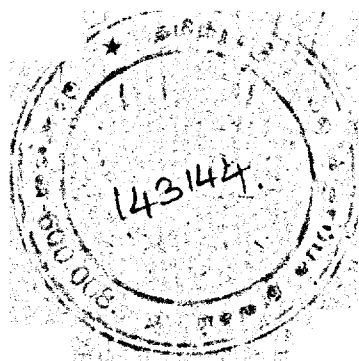
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PEOPLE'S HEALTH

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EDITOR
A. V. RAMAN
VOL. III - NO. 4

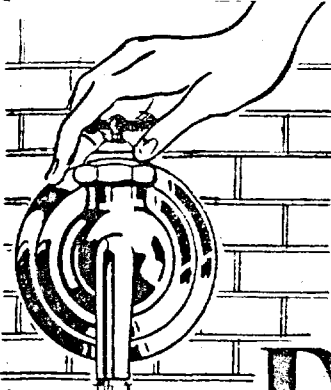
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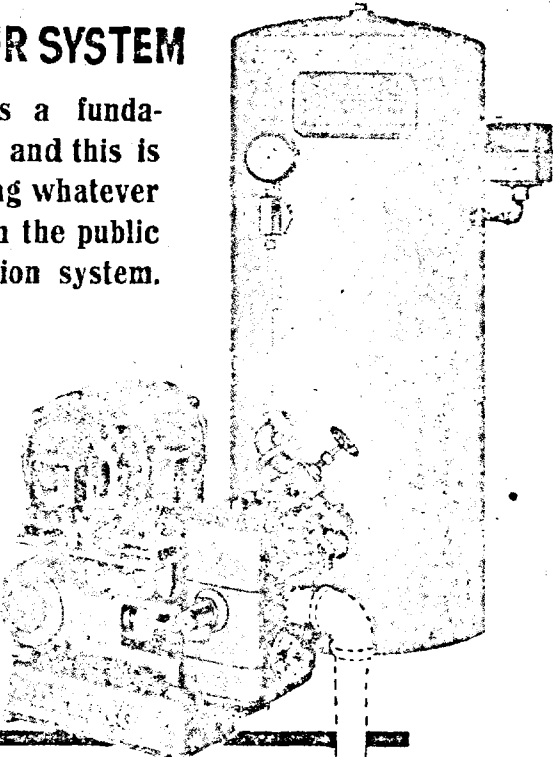
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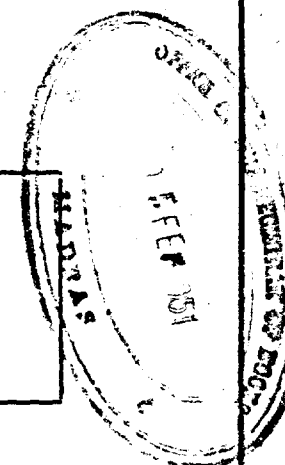
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PEOPLE'S HEALTH

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Vol. III

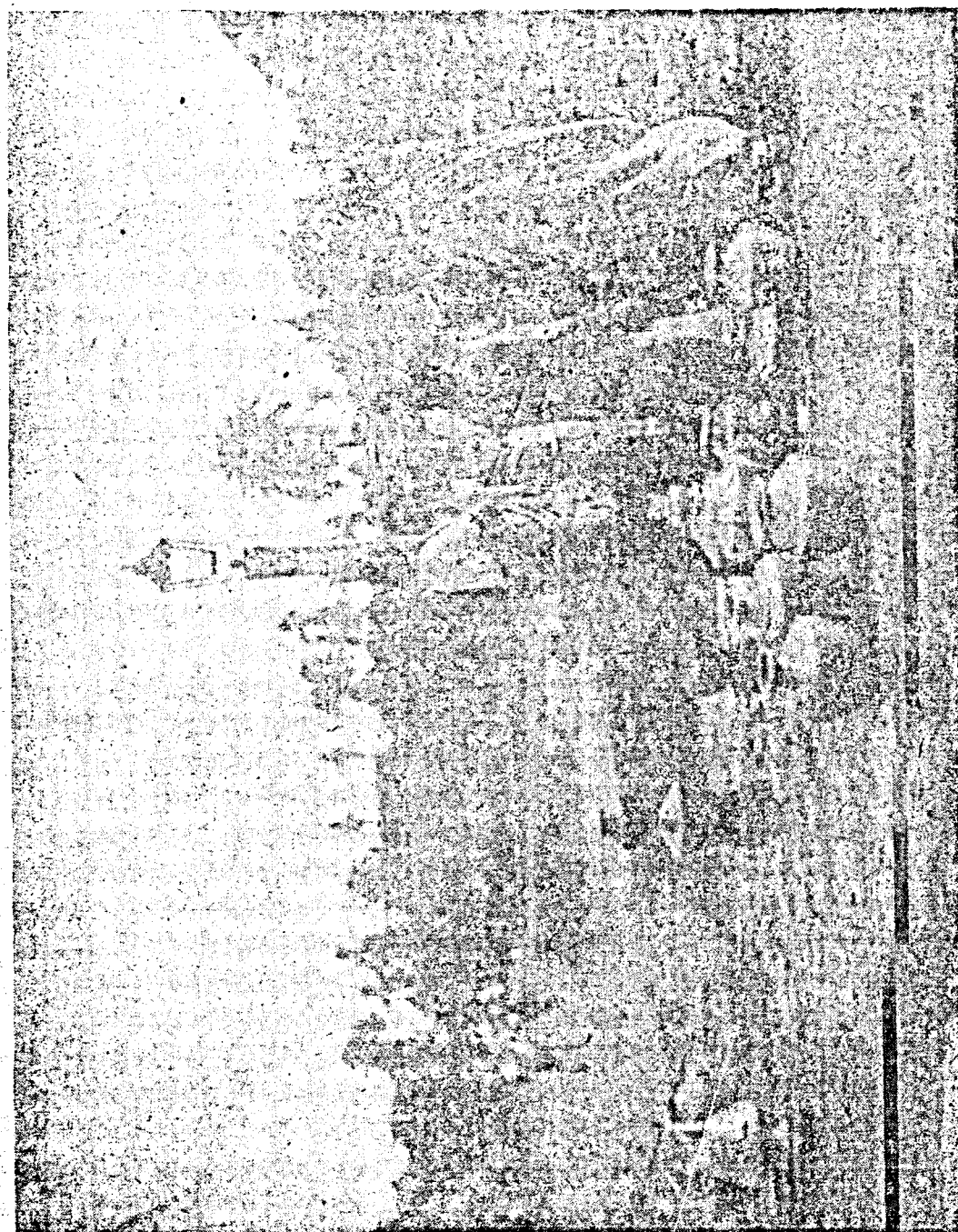
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Patience personified, waits to get a potful of drinking water !



VOL. III No. 4

JANUARY, 1949

ISSUED MONTHLY

EDITORIAL . . .

*The smallest effort is not lost ;
Each wavelet on the ocean toss'd
Aids in the ebb-tide or the flow ;
Each rain-drop makes some flow'et blow,
Each struggle lessens human woe.*

—MACKAY—

BROADCASTING

Opening the Vijayavada station of the All-India Radio, Sardar Patel exhorted the public to avail of the facilities provided by the new station. He appealed to the intelligentsia to strengthen the hands of Government by offering helpful constructive advice and suggestions with a view to rendering national service through broadcasting—a vital source of popular education.

Sardar Patel is one of our top-ranking leaders who means what he says. We know that he acts better than his professions, unlike a vast majority of the ordinary run of politicians who talk big and do little, and who make a conventional appeal to public support without any intention of profiting by

such advice. We have no doubt in our mind that Sri R. R. Diwakar, our new Member in charge of Broadcasting, would be equally anxious to win public co-operation and make broadcasting a power for the good of the nation.

IT'S FORTUNATE

It is fortunate from the point of view of our country's interest that broadcasting should be a government concern. In England, or notably in America, it is a private enterprise, no doubt controlled within certain limits by the laws of the land. In view of the enormous progress which we have yet to make, it is essential that the

control of this vital means of propaganda and education, should be in the hands of our Government. It is a duty of every thinking man to assist government by tendering well-considered suggestions to enable Government to shoulder the responsibility to the people.

EMPHASIS ON EDUCATIVE VALUE

We shall not refer at the moment to the entertainment aspect of broadcasting in our country, but rather to the educative and propagandist value of the talks by our distinguished countrymen engaged in a variety of national activities. Every provincial station has made it a feature to include in its programme topics by qualified persons on all aspects of education and culture, and yet we have not made any attempt so far to choose the best of these talks at least and re-edit them in groups or series for the benefit of the public at large. If this could be done, it would provide a stimulus to the spread of popular education at a pace which will multiply the rate of our progress enormously. These publications should be exposed for sale at cost price; it cannot be the object of government to make money in their attempt to educate the people.

WHY THIS EXPLOITATION?

In independent India, no person should be allowed to exploit another.

We have had enough of such exploitation in the past. We were surprised to note recently that a collection of addresses delivered by our eminent scientist, Sir C. V. Raman, under the auspices of the several broadcasting stations in our country, has been published in a book-form by a private firm. The copyright for the talks is vested in government in accordance with the terms under which they are organised. Who is responsible for allowing such exploitation? The Minister for Broadcasting should have this matter carefully investigated.

We have no hesitation in saying that from every one of these stations a large number of very useful, informative and authoritative talks are being put on the air, which, though very interesting to the hearer at the moment, are entirely lost so far as the public at large are concerned. Let us not follow the bad example of the B.B.C. in getting the talks by eminent scientists and others published by private firms for their own profit. Our national government should have the ideal of service to the people; profit cannot and should not be a motive.

THE STOCK COMPLAINT

One of the stock complaints is that we are suffering from want of text-books in the regional languages. We suggest that the various talks which

are arranged for, on all scientific and other subjects in regional languages may be sifted, correlated, adapted or re-written so as to provide a nucleus of text-book in the various subjects in which there are no text-books at present in the regional languages. In this way, we will be hastening the tempo of the change-over both in regard to the medium of instruction in our institutions as well as the rate of progress towards literacy and the acquisition of high knowledge by a large number of our citizens.

In this connection, we may just as well sound a note of warning. We have found in a few cases that these talks are not given by properly equipped people—in subjects such as health, engineering, medicine and similar other technical subjects. Generalisations are indulged in by speakers who are not by any means experts in the respective subjects, but who are apparently enthusiasts in gathering information from odds and ends. In such cases, it would be a salutary principle if the scripts are submitted to the scrutiny of an expert in the particular field so that howlers or injudicious mistakes might be avoided. For instance, in a recent talk from a centre of the A.I.R., it was stated by a speaker that *mosquitoes* were responsible for the propagation of cholera, dysentery, diarrhoea and such other intestinal

diseases! This sort of incorrect statement embodied in the text-book would result in a dissemination of inaccurate knowledge calculated to mislead the public into a sense of false security or false panic both of which are equally dangerous.

Again, subjects like human physiology cannot be taught by talking to the people through the air. Experience shows that such subjects could be understood only with properly prepared charts and diagrams. It is therefore futile to arrange talks on such subjects. There should also be a judicious selection of the topics which could be profitably disseminated through the radio.

Our broadcasting stations are well-manned with enthusiasts and trained body of men. There is no reason why they should not do their work instead of taking the work assigned to them for granted. These talks are pleasant, colloquial and are intended to the understanding of the ordinary and casual hearer. If, in addition to it, they can also pay attention to the accuracy and authoritativeness, they become text-books. In that way, the great difficulty which is now flung in the face of a programme of education, through regional languages could be readily removed and a future progress of our education perceptibly hastened to the advantage of the country as a whole.

CINEMA SHOWS AND HEALTH

The Madras Ministry have issued orders prohibiting the running of any film beyond a maximum duration of three hours. This is a further interesting example of the zeal of our Ministry to make the masses virtuous by official dictation. But it is interesting in the present case that the ostensible reason advanced for this prohibitory order is that the health of the people, who frequent our cinemas, would be adversely affected.

ON WHOSE ADVICE?

We do not know which particular department of the Ministry was responsible for deciding the terms of the Government Order. We have no hesitation in saying that this particular reason shows that it is a case of the blind leading the blind; for, the assumption that the seeing of any cinema show for more than three hours is injurious to health, has nothing to commend it. In Western countries, it is well known that most picture-houses run all round the clock and a man is free to see the pictures as long as he likes. If the Madras Ministry's prohibition is based on any rational principle of health conservation, it is certainly surprising that such advanced countries like Great Britain and America should be unaware of it. We, therefore, suspect that the Madras

Ministry must have other mental reservations in urging this bogus argument.

ALL-INDIA IMPORTANCE

As the subject is of all-India importance, we may be pardoned for dilating upon it a little further; for, we believe that the control of health is a matter for initiative from the Central Government, as film censorship is intended to be organized centrally from the Ministry of Health, at New Delhi. Indeed, the health of the cinema-goers is more affected by structural defects, bad ventilation, bad seating arrangements, bad lighting and above all, inadequate sanitary conveniences, than the actual length of the film. Two hours in a congested, ill-ventilated, smelly theatre hall can do more harm to the health of the individual than five hours in a really well-designed one. Instead of concentrating on the condition of cinema halls—which, in general, are not bad on the whole—we cannot understand why the Government wish to curtail the duration of the film.

We wonder if the Ministry had the benefit of expert opinion of our health department before promulgating these orders. Without examining the many aspects of the question, an order of this kind sprung suddenly upon the public, inflicts a good deal of gratuitous inconvenience, annoyance and loss to all the interests concerned.

WHAT ABOUT MUSIC HALLS?

On the other hand, we wonder why the Madras Ministry has not applied its mind to an examination of the conditions which obtain in our music halls and music-sabhas which are as popular as cinema houses. The duration of most music performances is, more often than not, four hours. If the mere congregation of a large number of people in a limited space is deleterious to health, it ought to be true as much of our music halls as of our cinemas; and yet the exclusion of the music halls from this prohibitory order exposes the Ministry to the charge of being either ignorant of the prevailing conditions or showing favouritism to certain interests. Certain music sabhas which held their annual sessions last month during the Christmas vacation, serve to illustrate our point. It is a pity that music has become a marketable commodity, but sadder still we have to get it in the black-market! Leading music organizations, banking upon the zest of the hearers and their own service in the past, have begun to pack their halls to capacity with scant regard for the health of the congregation. Why has this fact escaped the eyes of our Ministry, now so eager to safeguard the body and soul of its people?

In this connection, we are reminded of the statement that the Puritans prevented bear-baiting not because it

gave pain to the bear, but because it gave pleasure to the spectators!

OUR SUGGESTIONS

We suggest that the Board of Film Censors should concern themselves not only with the actual contents of the films, but also endeavour to see that those films are exhibited in the halls worthy of places of public resort. Further still, if in these Boards, there is a qualified member conversant with public health engineering problems to give the benefit of his expert opinion and advice, it will be possible to rationalise the entire problem to the satisfaction of the public at large, who are entitled to better consideration than almost any other interest concerned. The rules governing the licensing of these institutions sadly require radical changes. We hope the Environmental Hygiene Committee of the Government of India will give a proper lead in the matter.

STILL IN THE BEATEN TRACK!

In these columns, we had been repeatedly urging that the living conditions of the masses should first be improved before thinking of the multiplication of hospitals and manufacture of more and more medical men. At a recent meeting of the Standing Finance Committee under the presidentship of Dr. John Matthai, Minister for

Finance, the committee approved a scheme to construct two primary health centres in Delhi Province. In keeping with the recommendations of the Bhore Committee, each centre will have two medical officers—one male and another female—public health nurses, midwives, and other ancillary medical and public health personnel. A dispensary will also be attached to each centre containing a six-bed hospital.

WHY TREAT SYMPTOMS?

It is of course a notorious fact that the environmental sanitation of our villages is in a deplorable state of neglect. Mahatmaji had been times without number rivetting the attention of the people to the present state of affairs. He was exhorting them to give the foremost consideration to improve our village sanitation. What is the good of providing facilities to treat diseases caused by bad environment without taking steps to improve it? Is it not like treating the symptoms rather than the disease proper? Why should they not have a competent sanitarian also attached to these health centres? The Bhore Committee did not make the recommendation, although it had abundantly made it clear that environmental sanitation is a far more important problem. The committee had admitted unequivocally that the 'creation and maintenance of an environment conducive

to healthful living may be considered to be of even greater importance, because, in the absence of such a provision, the services rendered by doctor, nurse and other members of health organization will largely fail to produce the desired results'. They also admitted that 'in the campaign for improving health, drugs, vaccines and sera can in no way replace such essentials as hygienic home, good food, fresh air and a safe water-supply'.

We fail to understand why our popular Ministers still follow the beaten track of the British administrators in this country.

WHY NEGLECT DRINKING WATER?

The Standing Finance Committee also approved certain river projects. Is this not a stage when the Government should make it clear that the demand for drinking water-supply should have the prior claim over waters so controlled? The pernicious habit of selling drinking water to the people should stop. One of the reasons why this and similar essentials are lost sight of, is the fact that the Minister of Health has only medical officers to advise her and not environmental sanitarians. May we then at this stage urge that the Government should make it clear that water can be drawn free of charge from any irrigation project to supply drinking water to the people?

The fact that projects for irrigation, electricity and the like, get precedence over drinking water-supply is perhaps due to the fact that the Government still keep an eye on what yields an immediate return. Our Ministries have not as yet come to realise that ensuring the health of the nation, yields better results in the long run, infinitely more valuable than the money which administrations may realise immediately by selling water for irrigation or by the sale of electricity produced by them.

MAKE IT PART OF THE MAIN SCHEME

We would go a step further and urge that the cost of supplying safe drinking water to the people, who live within the area covered by irrigation or hydro-electric schemes, should be debited to the main scheme, leaving the maintenance alone, to the local authorities concerned. Similarly, we would urge that the supply of electricity for lifting drinking water to the people in our rural areas, should also be free of cost. It is indeed a great pity that subjects of this nature do not attract the attention of the members of our legislatures, Provincial or Central. But we hope that this state of affairs would not last long.

HOUSING AND MYOPIA

All the world over, housing is a problem. The best brains are engaged

in solving it. The great war-time Prime Minister of England, Mr. Winston Churchill, learnt a bitter lesson at the last general election in that country. The bad houses which he built for the people were responsible to drive the Conservative Party out of power. It should serve as an eye-opener to other statesmen-administrators also.

The Lakshmipuram Young Men's Association, Royapettah, Madras, deserve to be congratulated on organising a symposium on so important and vital a subject as housing, on 16th January, 1949. But its choice of the President for the meeting was rather unhappy. The Hon'ble Dr. S. Gurubatham, the Madras Minister for Housing, was invited to preside over the meeting. He did not even seem to understand what was meant by a *symposium* and what were his functions thereat!

He queered the pitch, as it were, for the speakers by giving expression to his ill-conceived ideas on the subject in a long opening speech. At another stage, he protested vehemently that he was not there, giving up all his other engagements and work, to hear speaker after speaker telling him that 'the Government should do this and the Government should do that'. This popular Minister was not returned to our Legislature by any constituency; he was but hand-picked by an obliging

Premier, elevated as a Minister of the State and then nominated to the Legislative Council. Unlike his colleagues in the Cabinet, he can well afford to spurn the suggestions which the people put forward in the larger public interests. Again, at another stage, he proudly proclaimed that in all his life, *he never consulted an engineer for building any of his numerous buildings!* He was content with the advice of *maistries!* He also proclaimed with pride that all his buildings are still standing! Apparently, he is a rich landlord! It is known that he was an eye doctor before his elevation to the present position. He is even now permitted by an obliging ministry to practise his profession, though he is not expected to accept fees. "Physician, heal thyself," they say. We would suggest that the Minister should first get rid of his myopia. It is only then he can have a full vision of the housing problem which is facing the country.

"IMPRACTICAL"

When the Commissioner of the Corporation of Madras was just developing his theme quoting the Governor-General's observation made in reply to an address presented to His Excellency, during his last visit, that a single metropolitan city should not be permitted to develop indefinitely and that other towns should be built giving

all the amenities which a metropolitan city enjoys now, the President contemptuously and curtly cried *impractical*. This paralysed the speaker. Quite naturally. The poor Commissioner had to withdraw meekly from the stand he took. What else can a poor permanent servant do in the face of a Minister of the State giving such an emphatic expression of opinion, implying thereby that the Governor-General was an 'impractical' man and that he was talking through the top of his hat? The Minister is apparently a Rip Van Winkle! He should have been hiding all his life in his small shell in some obscure corner, till he was brought to light all of a sudden in a wide progressive world. Obviously he is oblivious of the fact that the whole country, nay the world, hails Rajaji as the most astute intellect and a practical statesman.

IGNORANCE!

There is no calamity like ignorance. The Madras Minister for Housing does not seem to know that lot of literature on housing is available written by the world's outstanding authorities on the subject; for instance, the world-renowned town planner and social reformer, Prof. Patrick Geddes, has independently given his opinion that cities should not be developed in the manner in which we are extending our city limits today. No less an authority

than Lewis Mumford has underlined the views of Prof. Geddes on the subject. A Minister of State need not be a specialist in the subjects entrusted to him. But he is expected to get the benefit of the advice of those who are specialists in the field or at least read some select literature to understand the trend of present day thoughts.

EXPERT ECONOMIST

When timorous knowledge stands considering, audacious ignorance hath done the deed. The Hon'ble Dr. Gurubatham suggests in all seriousness that the economic condition of the country cannot admit of a house being provided for the poor at the cost of more than Rs. 100, as against his original estimate of Rs. 300! He seems to have an obsession that he is the sole custodian of all knowledge on the economic state of our country and that others in high authority, who have pledged to raise the living standards of the masses, are ignorant of it. For instance, the Provincial Health Ministers under the leadership of the Hon'ble Rajkumari Amrit Kaur, Minister of Health, Government of India, passed a resolution at a recent conference laying down that every dwelling intended for human habitation should have at least two rooms. Can it be said that they were all ignorant of the economic condition of the country? Can it be

said that India's Prime Minister, who pledged his Government to raise the living standards of our people and to find funds in the war against ill-health, is ignorant of the economic situation of the country? The Madras Minister of Housing in this myopic conception of the requirements of the masses lays down his own standards. He persists in perpetuating single room tenements for our people, which are considered an *abomination*. In the interest of the prestige of the Madras Ministry, we would suggest that this Minister should be relieved of housing portfolio forthwith. We have repeatedly urged that a single Minister should be in charge of housing, town-planning, health and other allied subjects to ensure better co-ordination of work.

THE CROWNING ACT

The Crowning Act of the Minister at this meeting was that he repeatedly said that he was not any wiser for attending the meeting! This is a gratuitous insult hurled straight in the face of the speakers, who put forward definite, clear and constructive suggestions to solve the problem. It is the province of *knowledge* to speak and it is the privilege of *wisdom* to listen. If the Minister has not the *wisdom* to listen, we will commend the following line for his assimilation: "If any of you lack wisdom, let him ask of God

that giveth to all men liberally and upbraideth not."

The Minister ought to have learnt by now that government is a contrivance of human wisdom to provide for human wants and that men have a right that these wants should be provided for by this wisdom.

FINDING UNDERSTANDING!

This reminds us of an episode in the life of Dr. Johnson: A pertinacious gentleman, his opponent, happened to say "I do not understand you, sir"; upon which Dr. Johnson observed, "Sir, I have found you an argument; but I am not obliged to find you an understanding."

Even if the speakers at the meeting felt obliged to find the Hon'ble Minister an understanding, they had little chance of success. As the saying goes, one can take the horse to the water, but cannot make him drink!

A TRAGEDY

A two-year old female child died of injuries caused by being run over by a conservancy cart of the Madras City Corporation on 6th January, 1949 (vide "*Hindu*," dated 8-1-1949—page 10).

It would appear that the Traffic Police have registered a case against the cart-driver who is stated to be absconding. We are afraid that the Police are on the wrong track. There

is no good of registering a case against an imaginary cart-driver, who is said to be absconding! It is an exception rather than the rule to find our conservancy carts being in charge of a driver. Even in such rare cases, where conservancy bulls are controlled, they are driven by urchins. In this particular instance, we would not be surprised if the Police investigation proves futile. No particular individual could have been at the moment of the accident in charge of the cart.

We have known an instance where the bulls yoked to the conservancy cart moved forward of their own accord and damaged the wings and the side of a motor-car, which was pulled up by the kerb-side. Soon after the incident, the sweeper, who was on duty in the neighbourhood, quietly left the locality. The aggrieved party could only take down the number of the conservancy cart and lodge a complaint to the Corporation authorities.

BULL'S SENSE!

We wonder whether those in charge of the city conservancy are aware of the fact that conservancy carts are not usually put in charge of any individual, but left to the tender mercy of the 'bull's sense' of duty. We wonder whether the establishment roll or the muster-roll of the Corporation includes

(Continued on page 182)

THE EXHIBITION

A REVIEW

by

M. Sakuntala, B.A., (Hons.) Litt.

Exhibitions generally have a great educative value, besides providing a good evening's entertainment. The exhibition held this year under the auspices of the Tamil Nad Congress Committee is about the best so far. The Madras Government heartily cooperated with the exhibition authorities to make it a success and this is as it should be.

THE BOUQUETS....

There can be no two opinions that the Electricity department deserves the first prize. It is in this stall that streams of people waited, are still waiting and will wait till the 31st January, in long and serpentine queues to get a chance of seeing the show. The Industries Department deserves the second prize. It is evident that the authorities concerned have devoted much time, thought and energy in arranging their exhibits. The Agricultural Department and the Employment Organization also deserve special mention. Apart from these governmental sub-exhibitions, many enterprising businessmen have also rented stalls. Sales apart, these stalls serve to show the visitor how our own industries are progressing. Having presented these bouquets, I must also hurl a few brickbats. Here goes:

....AND THE BRICKBATS

It is customary in South India to assuage the evil eye in good shows by exhibiting prominently a ghastly object such as a scare-crow. I believe some such idea must have motivated the authorities when they arranged for the Health Department to put up their show. Having a soft corner for health, I feel that some other department might have taken up this commen-

dable, if unhappy, task. In short, I am woefully disappointed with the Public Health Department's exhibition.

THE HEALTH SHOW SPOTLIGHTED

A few officers lurked in the vicinity of the stalls; as they espied a big wig, now and then, they crept into their den and waxed eloquent over their sad exhibits, as their visitors retreated with their æsthetic sense irreparably damaged. The charts that were exhibited should have richly adorned any lecture hall, where physiology is taught to the medicoes. The exhibition of the charts, far from reflecting the activities of the Health Department, has reflected credit on the American lithographers who printed them. Nevertheless, the charts lent a touch of colour to the fusty stall.

An X-ray of the chest was also displayed only to a chosen few. What for, I am unable to divine. I know of an instance where two high ranking physicians gave diametrically opposite opinions on an examination of one and the same X-ray picture. When such is the case with trained medical men, what earthly good is it to exhibit X-rays to the gaze of the common man?

A sanitary latrine is a necessity. But the exhibition of a few concrete specimen in different shapes and forms occupying a fair proportion of the stalls area was certainly reprehensible. When one of the officers tried to explain to a few gentlemen the evils arising out of hookworm infection, he was asked what the remedy for the disease was. The officer waved his hand towards the latrines behind. It was theatrical; but stage direction alone does not take us far in the

prevention and control of the disease. Joking apart, I could not but admire the zeal with which he pursued his learned lecture, lost as it was upon the hearers.

In this connection, I would like to mention that the Health Department stall had a mere trickle of visitors as compared with the steady current that flowed into the other stalls. Even the few who stepped into the stall did so, not with a view to learn and improve, but under the impulse of morbid curiosity.

These strange souls gloated over the tubercular lung, made odious comparisons about the hookworm and on the whole enjoyed themselves, shuddering at the bottled specimens of diseased organs that were quite a part of the Health Department show. When asked to tell him what poetry was, Dr. Johnson is reported to have said that it was easier to say what was not poetry. Similarly, the Health Department stalls have exhibited what *health is not*. Any Buddhist monk could have easily utilised these exhibits to convince people of the filthiness of our human body and the need for *Nirvana*!

As I was standing outside the stall, I could not help hearing the conversation between two officials, perhaps of the 'Public Health Department. One told the other, that the Hon'ble the Minister for Health visited the stall the previous day and frankly expressed his disappointment at the show. It would appear that in his opinion it was a "poor show." The other official enquired as to why he did not answer the Hon. Minister that with the allotment given, no better show could have been presented. He also suggested that electricity being bright can always be expected to attract attention and that it was not fair to compare the Electricity show with the Public Health show. I was rather amused to hear this conversation. "Let there be light," the Minister could have whispered.

THE SECRET OF IT

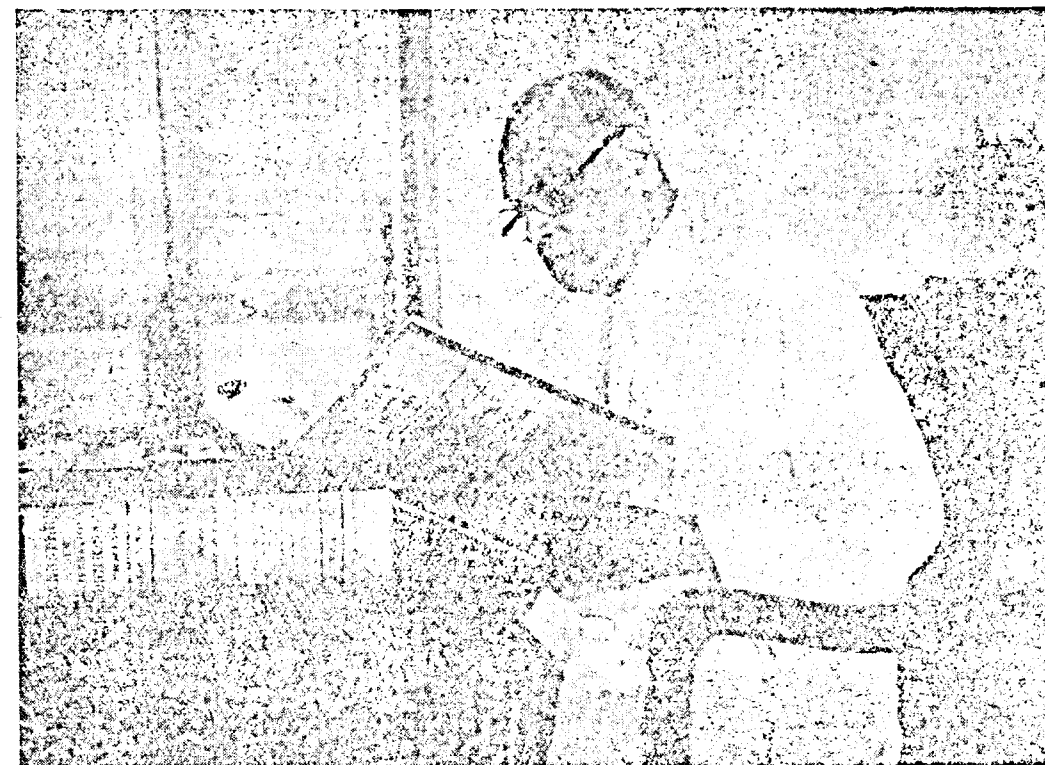
I felt curious to know how the Heads of the Departments of Electricity and Industry had made their show such a success, as contrasted with the dismal exhibition of the Health Department. The reason was not far to seek. The Chief Engineer (Electricity) must have spent days and nights thinking out the plan of his show along with his capable assistants. The Director of Industries, I was told, similarly devoted all his time and energy to make his own show a success. When I asked those in charge of the Health Department stall how many days their Head spent over the exhibition, they told me with tear-filled eyes that he had been to see the show for a few minutes after it was opened to the public. Thus, it is clear that what the department lacked was not time, money or space. They lacked interest and what is more industry and certainly imagination. Had they put their mighty shoulders to the wheel, the Health Department could have walked off with the first prize, leaving the Electricity Department far behind them on the horizon!

A really well-organized show would attract public attention even if it were held in an obscure corner of the exhibition grounds. Are not the model houses being seen by thousands every day in spite of their being in remote parts of the grounds?

I am not a destructive critic at all. But I shall not go out of the way to impose my constructive suggestions on others. If the Health Department is so inclined, it may invite suggestions from persons like me before they venture to stage their show next year.

To sum up, if Mr. Weller had been taken round to see the Public Health Department's show, he would have said in his own inimitable way, "But vether it's worthwhile going through so much to learn so little, as the charity boy said ven he got to the end of the alphabet, is a matter of taste"!

PRACTICAL EDUCATION



by

The late

Rt. Hon. V. S. Srinivasa Sastri,

P.C., C.H., LL.D.

Of late, there has been considerable talk on training for citizenship in the country. We feel that the people, particularly those in authority, will profit by a study of the ideas of so distinguished an educationist and publicist as the late Rt. Hon'ble V. S. Srinivasa Sastri. By the courtesy of the Madras Centre of the All India Radio, we publish hereunder the text of his broadcast from the Madras Centre of the A.I.R. on 3rd November, 1940.

—Ed., P.H.

I must begin with an experience which was equally joyful and revealing. One day, thirteen years ago, I was far away in Natal, opening a school-house which our poor countrymen had built for themselves with no aid from the Government of the country. An old man welcomed me in a Tamil speech. This was how he started:

நம் தாய்நாட்டிலிருந்து நமக்கு உதவி செய்ய வந்திருக்கும் மகாகனம் சாஸ்திரியாருக்கு நான் என்ன சொல்லவேண்டும். அநேக ஆயிரம் ஆண்டுகளுக்கு முன்னேயே இந்தியாவில் படிப்புக்கு அளவற்ற பெருமை உண்டு. ஒப்பற்றும் விலையிடக்கூடாததுமான பொருளென்று புகழ்ந்திருக்கிறார்கள். அப்படி மகிமை யுள்ள விதத்தில் கீழ்த்தரமான விதைக்கும் கூட விதியற்று இத்தேசத்தில் நாம் வருந்துகிறோம் என்பதை கண்ணால் அவர் பார்க்கட்டும். அவருக்குத் தெரியாததல்ல. ஆயினும், ஒரு கவி வடமொழியில் சொல்லியிருக்கிறாராம் :

He then recited, crudely, no doubt, and incorrectly, but so as to thrill the audience, who listened with reverent awe, I no less than they.

विद्यानाम नरस्य रूपमधिकं प्रच्छन्नगुणं धनं

विद्या भोगवृत्तिर्यथा सुखवृत्तिर्यथा गुरुणा गुरः ।

विद्या मनुजानो विदेशगमने विद्या परा देवता

विद्या राजसु पूजिता न तु धनं विद्याविहीनः मयुः ॥

The sloka is by a master and has a master's ease and lucidity. Still in these days when Samskrita is not honoured in its own home as it should be, it will not be amiss to give a translation.

Learning adds to the brightness of one's countenance. Learning is wealth secured beyond all risk. Learning is the key to prosperity, renown and bliss. Learning is a teacher above all teachers. When one goes abroad, learning is an unfailing companion. Learning is a divinity without a peer. It is to learning that kings love to do honour, not to mere self. Why, a person devoid of learning is no better than a beast.

AIM OF KNOWLEDGE

You see, friends, the poet prizes knowledge, not for the material gains it may bring but because it ennobles and elevates the soul above the grossness of the earth. And I have no doubt that

the Indians in South Africa, though they have gone there for the bare means of subsistence, which their motherland denied them, perceive vividly the high purpose of learning and cherish it with pious longing. To think that in this land where scholarship and scholars have always been objects of veneration, we should now hear liberal education derided and denounced! And forsooth because many well-qualified men are without employment. Is the only or main purpose of learning the attainment of a living? Is it suggested that unemployment would be more endurable when associated with nescience than when associated with enlightenment? One actually hears the asseveration from persons apparently sane that higher education unfits one for the world's work. And some who wield authority hold that the poorer classes are wronged by the spending of public revenues on colleges and similar centres of learning. That I regard as one of the sinister portents of the time. The liberal professions, the public services, social and economic uplift, unofficial life that keeps government straight by criticism and direction and discharges the many functions that government cannot touch—all these require brains that have received the best training that academies can give. Start high-grade technical and vocational institutions by all means. But start them well and with guarantees of efficiency secured by adequate finance. We have always demanded such institutions. But let us not delude ourselves with the hope that they will cure unemployment. Not improbably their graduates too will have to encounter enforced idleness, and in their case the evil will be more lamentable, not less, because of the fewer remedies that are open. Unemployment is a most acute and distressing malady, and we are bound to devise measures to relieve it. But the measures must be calculated to achieve the end. Let us not in our vexation shut up colleges and schools. The undeveloped faculties, idle brains, and

undirected energies of the young will become a danger to the community, a hundred times more difficult than the present unemployment. Not until industries and manufactures have been established on a large scale, and economic prosperity assured to coming generations, shall we be within sight of a sufficiency of jobs for our sons and daughters.

THE PREVAILING DISTEMPER

The prevailing distemper of the young assumes strange forms, some alarming ones too. One of these is the powerful fascination exercised on their imagination by the triumphant career of the dictators who sway over a great part of the civilised earth. That they abhor and destroy all forms of popular government, that they hold freedom in utter contempt, that they ruthlessly suppress even the semblance of opposition and dissent, that they are bent on the re-establishment of the tyranny of tribe and race and colour which mankind has, after infinite travail, nearly out-grown—these and similar indictments do not weigh much in the scales of immature judgment against the glamour of their material success. Have they not raised their people from the slough of despond? Have they not restored, maybe by force of arms, a sense of self-respect to their nation? Have they not enhanced the efficiency of their subjects, found them work and food and, in a word, made their lives worth living? These achievements, howsoever won, never fail to secure homage. Man has ever bowed the knee to power, and it does not take him long—alas, contemporary events make it too plain—to forget the dignity of the human soul, to pull down the images of liberty and mercy and to instal in their place the hideous symbols of despotism and cruelty. We all want great things done for India, don't we? Only we want them done in proper ways, justly not harshly, slowly if need be but surely. What is done in a hurry is undone in a hurry too.

Wait and see how long Hitler's conquests last after him. True we want the throne of independence; but shall we wade through slaughter to a throne? Shall India, like Germany, shut the gates of mercy on mankind?

CITIZENSHIP

Your democracy and your freedom, say these young sages, are fleeting and they change continually, they aren't worth the labour of pursuit or the care of custody. But change or progress is their merit and their attraction. Justice enlarges its bounds. Freedom extends its joys to new groups of men and women. Education lends grace to countless lives in every generation. Citizenship was a tiny and precarious bundle of rights a century ago; it is now a precious cargo, which has cost many tears, many years of manly struggle, many exemplary and heroic lives. But what a heritage! It has inspired the noblest and most stirring orations, the finest, grandest poems in its praise. Even here in India, bedraggled as she is, her visage drawn and her vestments torn, she retains the majesty of her mien and is truly worshippingable. I am not without hope that, not long hence, if the sky clears and the stars shine again, even the apostate may recant and be welcomed again into the holy shrine like the returned prodigal with festive and sumptuous rejoicings.

THE FOUL HERESIES

At this point I would like to ferret and drive out of the temple of freedom some of the foul heresies which infest it. But it is an odious task and would take too long a time. One, however, I must belabour now and slay, if I can. That the heretics are our own people and that the heresiarch is among the Cardinals are no ground for quarter. The belief is general that civic rights are in danger only under alien rule, and that the champion of the liberties of the citizen may go to sleep while the reins of administration

are in the hands of our kindred. All history testifies to the contrary, in fact in some respects fraternal enmity is capable of more callous crimes than the enmity of remote cousins. English law reports tell on every page of the brave stand made by judges against the tyranny of the king's officers, and their encroachments on the private citizen's rights. Sharply in the laws of Britain and America, less sharply in those of France, (while yet there was freedom in France), the powers of the Executive are demarcated from those of the Judiciary. "Good government is no substitute for self-government" was said at first of a national government. Even in *Ramarajya* a loyal subject might ask for the elementary rights of citizenship. The union in the same officers of judicial and executive functions, repugnant to modern ideas, was recently defended on the ground that the ministers were members of a legislature elected by the constituencies and could be trusted to be better guardians of popular rights than the judiciary. Self-righteousness is a besetting sin of popular government all the world over, the more dangerous when it rests on a large majority. From the dawn of society power over men and things has been a notoriously corrupting influence; human ingenuity has been taxed to the limit of its resources to devise checks on its exercise; sages and philosophers have exhausted their wisdom on composing texts and homilies to the same end; and the story goes on still and will go on for ever; power of any kind, moral or material, twists human nature out of its shape and the most conscientious rulers, besides severely watching themselves, learn to submit patiently and cheerfully to outside criticism and audit, which it is likewise their endeavour to make as independent as possible. Out of an inexhaustible anthology on the topic, a comparatively recent saying from our own classical literature is perhaps allowable;

राज्यविषयिकारोम्मादकारिणो खलु राज्यलक्ष्मीः ।
न शीलं पश्यति न धर्मं अनुवृध्यति न सत्यं पालयति ।

"Kingly grandeur produces an intoxication due to the malignant poison of power. It disregards decency, it violates the sacred law, it maintains not the truth."

THE PRICE OF LIBERTY

It is the distilled wisdom of ages of bitter experience that is enshrined in the saying "Eternal vigilance is the price of liberty". "Eternal vigilance"? Yes; but it must be also enlightened vigilance. In a totalitarian regime the code of conduct is simple—obedience, submission, surrender. Hard to practise, it is true, but easy to understand. Mere subjecthood, scarcely distinguishable from slavery, needs no education. In the early days of man's liberation from political servitude, you had to have a certain stake in the country, you had to be of a certain age, and, perhaps too, you had to be literate before you could acquire the vote and other attributes of citizenship. Not onerous qualifications, to be sure, but they greatly restricted the franchise. Nowadays the only real qualification required is a certain age. That of residence is so easy as to be nominal. To get the vote, however, is not the same thing as to use it properly, and it is with this problem we are here concerned. Most people imagine that citizenship is a grand name for a trifle, that it is nothing more than casting a vote once in five years for an unknown candidate as one may be cajoled, bullied or bribed into doing. Many don't care to be bothered even so far. Some persons of high quality, not an inconsiderable number even in advanced democracies, refuse to have anything to do with the periodical elections, being in a moral sense nauseated with the intrigues and cabals, the falsehoods and deceptions, the peculations and malversations,

the feuds and vendettas which degrade public life and poison the very springs of human character. Here is reform work for generations of preachers and apostles, for organisations of resolute and fearless champions of public morals. If citizenship is not to be a delusion and a snare, a modern invention of Satan for the corruption of our souls, we have to understand it in its bearing on our lives and on our society, and exercise it in a spirit of dutifulness and awe of the consequences. The range of knowledge that we have to traverse is formidable, including everything which is not strictly scientific, mathematical or antiquarian. The full citizen of today has in theory the responsibility, shared no doubt with thousands of others, for the happiness and welfare of the community. In this sense he is a king in miniature, for he can make and unmake governments and take a hand, though he hardly remembers it, in moulding their character and conduct. Just think roughly of the enormous sweep and consequence of the curriculum that would have to be framed if we projected a seminary for instruction in citizenship. Don't be frightened. I shan't drag you through any such agony. Nor is it my intention to make a bogey of citizenship. Life is one large whole, and no part of it can be studied or pursued in rigid isolation from the rest. To each man according to his capacity and inclination. I served a hard and long apprenticeship for the duties of citizenship and don't consider myself half enough equipped. But I was a "professional" politician, not, I hope, in the sinister sense in which it was often applied to me. But I don't regard my energy misdirected this evening if I impress it on my hearers that civics is neither a light nor a mean study, that it is not an occupation for the amateur, or the mere dilettante, but that it has the stuff which ennobles our lives and at the same time raises the moral stature of mankind. Do not enter here because you want some vacant hours filled

up, because you want volume for your puny figure, because you want to have your neighbour by the throat, because you want your broken fortune repaired.

IGNORANCE AND SUPERSTITION

Some of you who hear me may think I am somewhat mixed up in my ideas. It may appear that, in exalting citizenship as I do, I ignore the distinction between its grades; that, for instance, the profound knowledge of affairs which is requisite for a Cabinet Minister is a luxury for a mere voter who has no higher ambition. It is true the text books say so, more or less bluntly. The rural labourer in England who has received no more than the modicum of compulsory education knows little of the constitution and the laws but is told only of two or three names among which he has to make a choice. Once in a way the question of a new duty or the abolition of the lords may emerge. Even on these issues extremely simplified though they may be for his benefit, his thinking is apt to be muddled and he votes in large measure in ignorance of the weighty policies that he may be helping to settle, in however small a degree. It is even worse in India. The ignorance and superstition of the average voter place him at the mercy of the unscrupulous wire-puller, and the colour of the ticket and the totem printed on it are only additional hindrances between his intelligence and the mighty state problems that he is supposed to pronounce upon. This is the primary fact of all election politics; other factors like intimidation, colossal misrepresentation and bribery add themselves to the welter in such wise as to upset all calculations and make what are dignified with the name of appeals to the electorate, gigantic gambles in which all connection between the merits of the issues at stake and the actual vote is completely obliterated. Now judge what absurdly tenuous justification can be pleaded for the adoption of particular policies or measures. If this is the case

in lands where modern democracy takes its rise, we seem in India to carry the fiction to greater lengths. I should be trespassing if I touched controversial politics. But it is common ground that popular elections have degenerated into augean stables. We may not expect a Hercules any more. Is it possible—there is no harm in stretching one's fancy—that the wit of man may invent some method of ascertaining the general will, more trustworthy and less liable to abuse than a general election? And is it allowable to hope that that invention may be made in India for the purification of our democratic processes?

AIMS OF EDUCATION

In totalitarian countries, as one may expect, care is taken to mould young minds to the required pattern, which is akin to that of the slave. Education therefore is a close monopoly of government and has one and only one set of clear aims. Britain is at the other extreme and has encouraged, perhaps to the point of danger, a great variety of private effort. On one point, however, even British educational thought has recently come to a definite agreement, *viz.*, that all secondary education must have for one of its aims the development of a high ideal of citizenship. Some authors have laid down definite curricula for the purpose, and an exceedingly large number of good books are available, covering the whole ground. In a broadcast I am not expected to do more than bring the subject to the notice of my audience and may be stimulate a little thought, not give it point or direction. In India, colleges have to do much of the higher work done in secondary schools in Britain. My observations therefore have necessarily to apply to both grades of institutions.

CERTIFICATE OF CITIZENSHIP

All the world over, it is now settled policy, though not rigorously practised in India, that

the great professions of law, engineering, medicine, teaching, accountancy and so on—should be practised only by those who are examined and certified by duly appointed authorities to be competent to practise them. I have endeavoured to show that the kind and degree of knowledge required for the duties of citizenship or what may be called unofficial public life are comparable to those required for the regular professions. Ignorance, charlatanry, hollow pretensions, can do as much harm to society in the field of politics as in the other spheres. In fact, since great institutions and national affairs are concerned in this case, the evils will be on a larger scale and less susceptible to remedy.

Another comparison, very relevant in this context, must be borne in mind. The other professions are confined to the few that choose them. The service of the public is open to all, in fact in a sense obligatory on all. While therefore what is called professional education comes *after* general education, preparations for public life must take place along with general education and as part of it. Several questions of organisation arise, which have not been sufficiently thrashed out. I would respectfully invite to them the attention of the education department and professional bodies. For instance, are the citizenship courses to be part of the obligatory or optional studies? Are students to be examined in them and required to score a certain minimum of marks? Are diplomas to be given?

One suggestion of practical value may be ventured, though it may be considered far too premature by conservative-minded persons. Why not make a certificate or diploma of citizenship a necessary qualification for candidates for municipal councils or houses of legislature? It is desirable to exclude dolts and nincompoops from those responsible positions.

ASHOK VIHAR

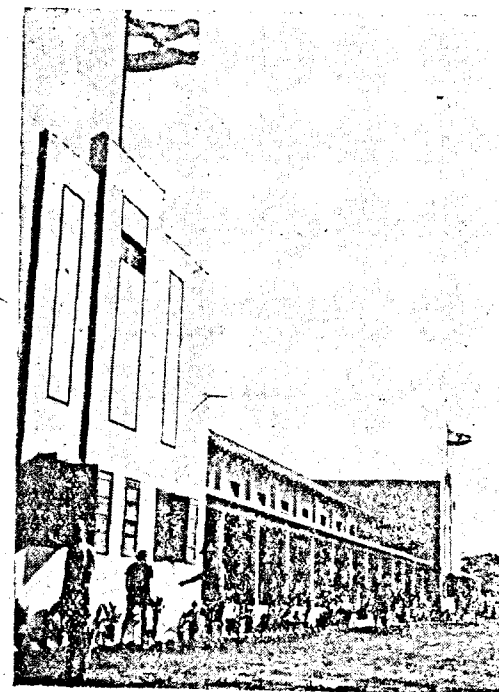
by

Dr. S. E. D. Masilamani,

M.B., B.S., B.S.Sc., D.P.H.

Health Officer, Corporation of Madras.

The "Ashok Vihar" Health and Recreation Centre located in the old Hope Club behind the Moore Market, Madras, is a new attempt to improve the environment of our people. The

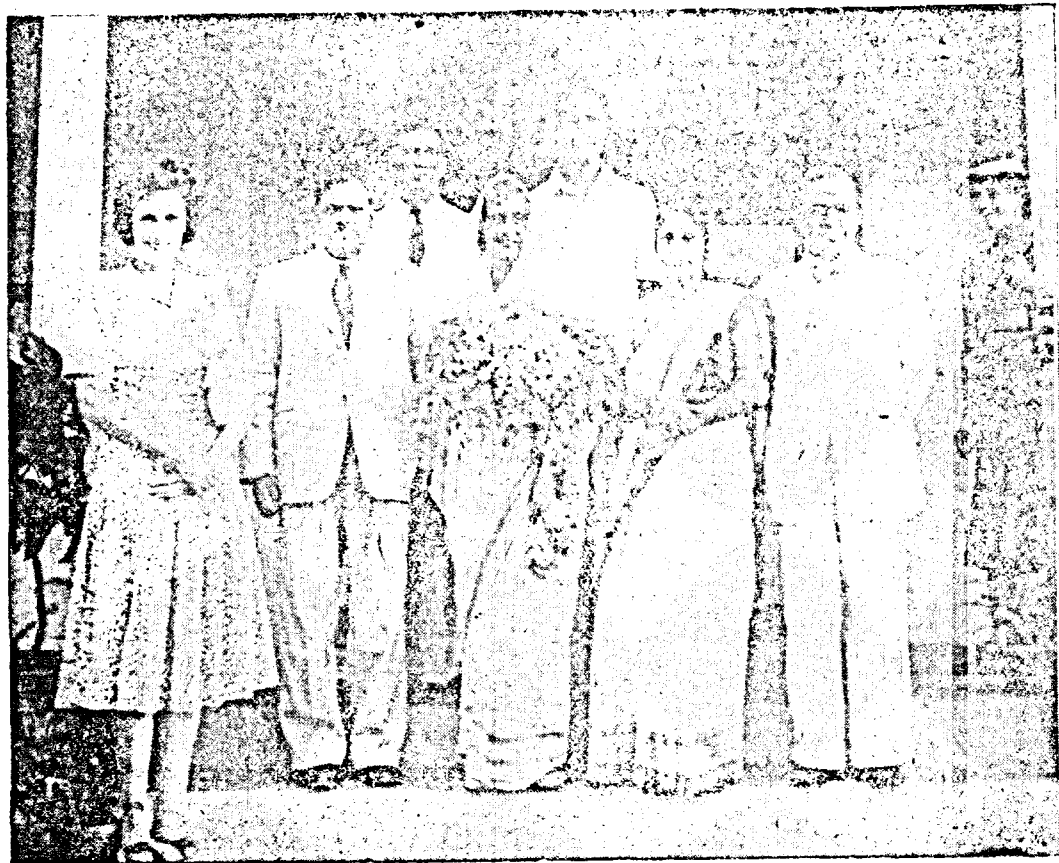


aim of this Centre is to provide a place where its members can gather for the purpose of recreation and education, whereby they may maintain and improve their health. Thus the Centre, like the Peckham Health Centre, strives to maintain good health rather than cure diseases. "Ashok Vihar" conducts medical examinations of its members and evolves means to prevent disease before it takes root in the individual, making subsequent treatment difficult.

The Centre provides recreational facilities, both indoor and outdoor, for its members in an environment that cannot be found near their own residences. This experience gradually instilled in the young is bound to raise their level of thought and habit which will have a lasting benefit. At present, almost all the members of the Centre are from the three areas of the city, *viz.*, Chintadripet, Periamet and Wall-tax Road. They are chiefly from the labouring classes residing in the slums of the aforesaid areas.

INCEPTION

Opening of "Ashok Vihar" was made possible by the Army Recreation Club (Hope Club)



being placed at the disposal of the Corporation and the munificent donations of over one lakh of rupees by the Madras Provincial Welfare Association. By this donation, the building was renovated, altered and equipped to suit the purpose in view. The Corporation has undertaken to meet the expenditure of running the institution and has thereby committed itself to an annual recurring expenditure of over Rs. 50,000. This expenditure will however be more than compensated by the results achieved.

CONDITIONS OF MEMBERSHIP

The four conditions of membership to the Centre are :

1. As in the Peckham Health Centre, membership is restricted to *families as a unit*, as distinct from the various services available to the *individual*. Father, mother, children and dependants must enrol themselves as members. Within our little experience, we find that it is the children that persuade their parents to enrol themselves as members. Unlike the Peckham Health Centre, our membership at present has been almost confined to the poor labouring classes.

2. The members must reside in the districts chosen.

3. As in the Peckham Health Centre, the members must pay a nominal monthly subscription of one anna per family. But, unlike the



Peckham Centre, we have not so far charged for taking part in the amenities provided in the various sections of the Centre, for the simple reason that the members can hardly afford it. In that sense, "Ashok Vihar" will not pay its way from the subscriptions collected for a long time to come.

4. The members must submit themselves to a periodical health overhaul. But the Centre does not undertake to cure any disease detected. Certain necessary facilities are however provided. They are : six beds for maternity cases, special clinics for ear, nose, throat and dental and eye troubles, under the care of visiting specialists. In all other cases, it is our aim to refer those requiring treatment to such places where it can be obtained. The Pathology labora-

tory of the Corporation of Madras at the Ripon Buildings undertakes to perform all the tests needed for the health overhaul.

CRECHE

"Ashok Vihar" also provides a '*creche*' for the care of children during the day. Children, who are between the ages of three months and six years can be left by working mother-members to be looked after. The children are also fed during the day *free of cost*. Recreational facilities are furnished for men, women, boys and girls within the building. A play-field is also provided for necessary outdoor games.

The Centre is in charge of a Medical Director and an Assistant Medical Director, who is a lady, for conducting health overhaul and for

directing health education and recreation. They are assisted by three welfare organisers.

The *creche* and the maternity section have the required subordinate staff. The Women's Guild of Service volunteers take a large and active part in the management of the *creche*.

OTHER ACTIVITIES

There is a small canteen where snacks are sold to the members *at cost price*.

A large community hall is used as a reading room as also for exhibition of films and entertainments. It has its own projector for exhibiting films. Entertainments such as music performances, dramas, etc., are often conducted for the benefit of the members by professional and amateur artists. Sometimes members themselves organise entertainments.

As conditions obtaining in this country are entirely different from those in England where the Peckham Health Centre was first started, it was felt necessary that the "Ashok Vihar"

should contact its members in the environment in which they live, so that it could help them to appreciate and practise the lessons they learn at the Centre. The staff, therefore, regularly visit the areas wherefrom the members are drawn to the Centre and identify themselves with their difficulties and problems, helping as far as possible to find a solution for them. There are at present 250 families enrolled as members. It will not be possible to take many more with the accommodation and facilities available now at the Health and Recreation Centre. Prospective members are allowed to go about freely at the "Ashok Vihar" before they are enrolled. When they decide to enlist themselves, the names of the families are registered under the conditions mentioned above. Once they become members, they have the freedom to move about and partake in the activities of the Centre. They are then taken up for medical overhaul one by one and the findings are carefully recorded. After the medical examination is over, the Director and the Assistant Director of the Centre have a talk with the family concerned and discuss with them in a *chatty informal manner* the findings of the medical examination; they also advise the members as to the further action to be taken in the matter. More than that, every endeavour is made to see that their advice is implemented. It is now too soon to say what the results would be. For the present, the sections which are most popular at the "Ashok Vihar" are the *creche* and the recreational activities of the children. The adult members are still shy and do not actively take part. They do not visit the Centre as often as one expects them to. The main difficulty appears to be that they have not as yet realised the necessity for a little recreation after work. But it is hoped that in course of time this feeling would vanish.



THE PECKHAM EXPERIMENT

by

Kenric Hickson

One of the main features of the National Health Service Act is the establishment of Health Centres. The object is to provide Medical and Dental Centres with specially equipped premises, and it is intended that these Centres should also serve as bases for various activities of health education. It will be the duty of the county and county borough councils to provide, equip, staff and maintain these new Health Centres to the satisfaction of the Minister of Health.

To help them in their work the local authorities may learn much from the Pioneer Health Centre at Peckham—that magnificent biologist's laboratory of steel, concrete and glass in South London. It is unlikely, however, that the State Health Centres will provide the same facilities for recreation as exist at Peckham. The main object of the Peckham Experiment is the positive aim of maintaining good health rather than the more negative work of curing disease. If it had a motto it might well be "prevention is better than cure." At the same time a too personal and introspective approach to health, on the part of the individuals concerned, is avoided; for that might well do more harm than good by creating a succession of neuroses.

The original Peckham Health Centre was set up in a house in London twenty-two years ago. The scheme was the result of the efforts of a group of lay people and two scientists—Dr. Innes H. Pearce, of London, and Dr. G. Scott Williamson, of Edinburgh University.

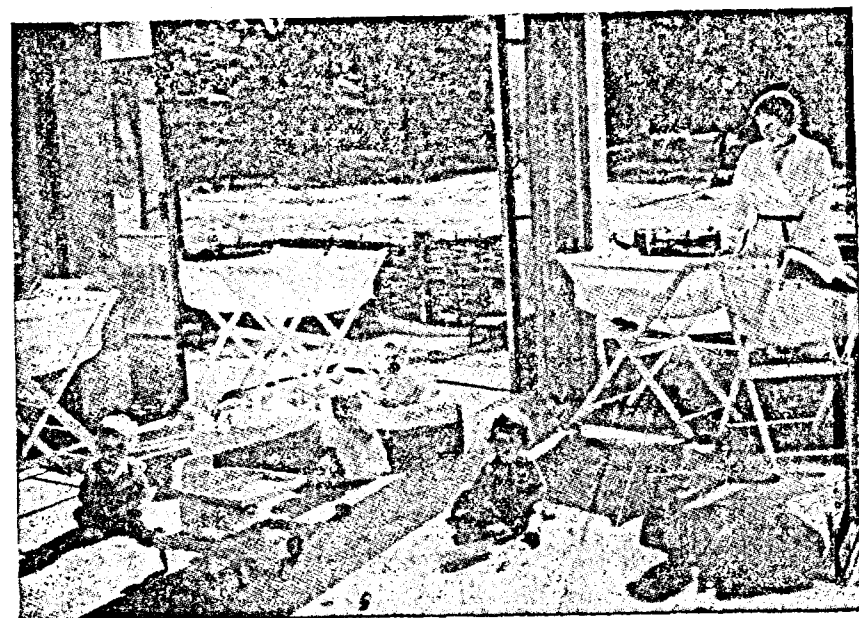
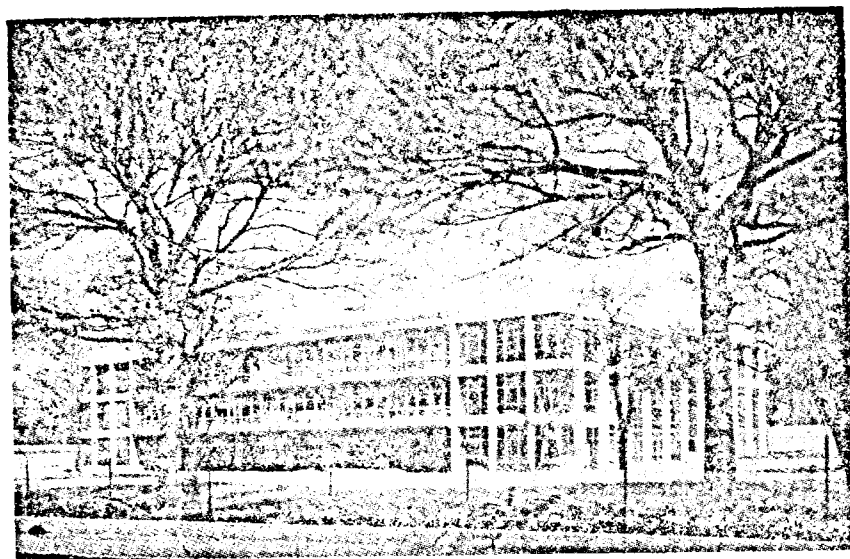
Families living in the vicinity were invited to join this club, and at the end of three years more than a hundred families, totalling some four hundred individuals, were members and had benefited from the periodic health overhaul.

It was soon realized that the existing premises were not suitable for health overhaul on a large scale, nor could they provide the recreational facilities which were necessary if the standard of health of the members was to be raised; and this first centre was eventually closed.

Seven years later, in 1935, the present building in St. Mary's Road, Peckham, was completed at a cost of £38,000, and opened as a Health Club for families in the district. The second stage in the experiment had begun; and with accommodation for two thousand families.

The Centre is housed in a modern building measuring 160 feet by 120 feet, and the most striking feature about it, from within and without, is the vast expanse of glass used in its construction. It is designed to admit the maximum of air and sunlight, and the bow windows at the front fold back and open as required. Glass is also used extensively inside the building, the principle being that no activity should be hidden from view and nothing should be concealed. This is particularly delightful in the case of glass partitions separating the cafeteria on one side, and the dance hall on the other, from the large swimming bath; and members may enjoy their snack or drink while watching the bathers. In fact, glass is used everywhere except where privacy, such as in the Consultation Block, is required.

On entering the building the visitor first finds the gymnasium, with its specially sprung floor, the theatre, the children's playground and the special shallow swimming pool for learners. On the first floor is the excellent full-size swimming bath complete with high diving board, and on the top floor are the new children's nursery, the medical department and laboratory



Exterior of the Peckham Health Centre, and (below) Children playing in the creche

and other rooms for recreation. This description only covers the physical features of the building—the shell of what is really a living organism.

To fully appreciate the social significance of the Centre one should visit it in the evening and see the "machine working," when hundreds of people of all ages are engaged in a variety of activities—boxing practice in the gym., a rehearsal of a concert in the theatre, children on scooters, tricycles and roller skates, a badminton game in progress, dancing to the small band formed by members themselves, or perhaps merely taking light refreshments while watching a water-polo team practising in the blue-green swimming bath.

What of the people who use the Centre? What are the conditions of membership? There are only four rules:—

- (1) Only families may join.
- (2) They must reside in the district.
- (3) They must pay their subscription.
- (4) They must submit to periodical health overhaul.

The reason for the first rule is biological—it must be the whole family or none at all. The unit is the family, the individual is a limb of the family, and the approach to personal health is through family health.

To a certain extent the rule requiring membership of the whole family has deterred newcomers, and many people, particularly fathers, are unnecessarily suspicious of the health overhaul. Usually it is the children who discover the Centre first. Invited by friends, they find a dream-world of activity; then go home and try to persuade their parents to join. As a result of the children's pressure the mother allows herself to be taken along and later, impressed by what she has seen, adds her voice so that the father has to give in, and arrangements are made for the family consultation.

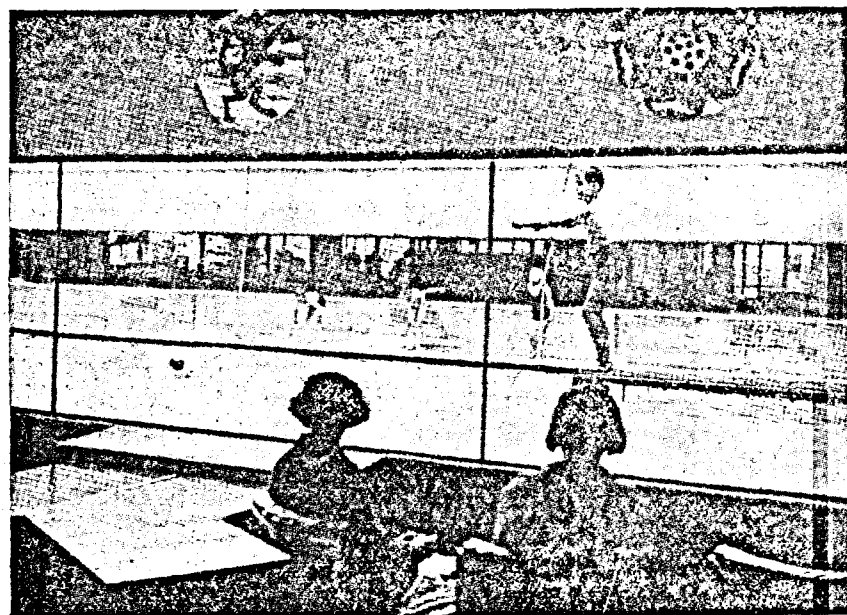
The medical examination, instead of something to be feared, proves to be both pleasant and interesting. The examination consists of laboratory tests and a personal overhaul by one of the doctors. Then follows a family consultation and the results of the examination are made known. As each child is dealt with he or she leaves the room (starting with the youngest) until only the parents are left. Anxieties and fears are discussed, which often prove to be without foundation. When it is discovered that one or the other is suffering from some disease there is a certain sense of relief in the knowledge that something can be done about it before it is too far gone. The initial overhaul completed, the new member-family takes its place in the community life of the Centre.

Soon they will sample the many varied activities available, including swimming, badminton, billiards, table tennis, darts, chess, draughts and fencing; and for children only—fairy cycles, small billiards table, jig-saw puzzles, books and various ball and parlour games. All these are free to children, but adults pay a small charge of a few coppers.

There is a clearly defined area within which people who may become members must live—the ideal is that the home should be within walking distance. As a result of this there have been many disappointments on the part of the unfortunate people who happen to live beyond the boundary—sometimes even next door to an existing member—but the line of demarcation must be drawn somewhere.

The payment of weekly subscriptions (originally 1s. per week, but now 2s. per member-family) is a financial necessity. Apart from the need for funds, the individual will gain more from the experiment if he feels he is himself contributing towards it.

The periodic health overhaul at twelve-to eighteen-monthly intervals is the basis of the scheme. In addition to these routine tests a



The Peckham Health Centre: girls taking part in physical training—a scene from the C.O.I. film "The Centre"; (below) the swimming pool is separated by glass partitions from the cafeteria on one side and the dance-hall on the other

member is also examined if any abnormality is noticed by the medical staff whilst he is in the club, or at his own request if he is troubled with fears about his health.

The periodic health overhaul is not the only medical service. Advice and guidance on personal questions such as problems of contraception, infant care, pre-marital difficulties, sex instruction of adolescents and vocational guidance, are freely given.

Sometimes the issue is one of personal relationships as well as a medical one; as in the case of the mother and father who were not on speaking terms. The elder daughter had diabetes, and this was the cause of the trouble between the parents—the husband believed the child had inherited this from her mother and held his wife to be responsible. The medical examination gave a very different picture. The father was discovered to have low sugar tolerance and the mother was completely free. The result was the introduction of a diet containing less sugar and the reconciliation of husband and wife.

Then there was the man who had been growing increasingly tired. He had lost a leg and wore a wooden one on weekdays and an artificial one on Sundays. His trouble was soon put right. The doctor discovered that, after years of wear, the wooden leg had worn an inch and a half shorter, and when it was lengthened the trouble disappeared.

Some very interesting and startling results have been revealed by the health overhaul. In the examination of five hundred families it was discovered that only 9 per cent. of their members were free from some physical disorder. Such was the position ten years ago. Although no

figures are available to-day, the position is believed to have improved.

During the war years the Centre was used as a factory. In March 1946 it was re-opened and, in spite of a population scattered by war work and evacuation, six hundred of its pre-war family-members—or married sons and daughters of those families—returned.

Now other towns, including Coventry, Dronfield, Winchester, Oxford, Cardiff, Edinburgh and Bury St. Edmunds, are interested in the Peckham Experiment, and are planning similar Health Centres. Of these, the plans of Coventry are the most advanced, and a group of people of this badly blitzed city have formed a Family Health Club Housing Society, which has secured a site just outside the city, on which it is intended to build 2,000 dwellings and a family Health Centre on the lines of the Peckham Scheme.

The Coventry Centre will be a Health Centre-Community Club on an unusually lavish scale, and will include such recreational facilities as there are at Peckham; and later an ice rink is to be added. It is to have its own farm (already operating) where first-quality foodstuffs may be grown in ideal conditions and supplied to expectant mothers and young children.

The houses—none of which will be more than ten minutes walk from the site of the Centre—will be of all types and will be let at varying rents, which will include the weekly Health Club subscription of 2s. 6d. Houses must come first, of course, but the Centre will have second priority.

Soon other towns will follow Coventry's lead, all of them benefiting by the experience of the Peckham Experiment.

(Courtesy—"Britain Today"—Sep. 1948.)

THE CONDITIONED REFLEX TREATMENT OF CHRONIC ALCOHOLISM

by

Walter L. Voegtlin

This is the fourth of the series of seven articles on alcoholism which we have pleasure in publishing by the courtesy of 'Hygeia', *The Health Magazine*. The first three articles appeared in the October, November and December 1948 issues of *People's Health*. We strongly commend these articles to the addicts and their reformers alike. We are sure that they would be considerably profited by perusing them. The reformers would not then moralise as though they were the custodians of the morals of the people. The addicts themselves would introspect and seriously ponder over the possibilities of getting themselves released from the grips of alcoholism.

—Ed., P.H.

Although conditioned reflexes have been a part of animal physiology since the creation of life, these fascinating phenomena were first described and studied extensively by Ivan Pavlov, a Russian physiologist, shortly after the beginning of the present century. In 1935, contemporaneous workers in this country and Russia applied this newly explained physiologic principle to the treatment of chronic alcoholism. For certain reasons results obtained by the Soviet physicians were disappointing and the method fell into disuse before it had been given a fair trial or the therapist had developed a skilful technic. The results obtained in this country on the contrary have been eminently successful. Reports from clinics with wide experience indicate that the conditioned reflex treatment for chronic alcoholism has taken its place in the front rank among methods used in treating this disease. In order to understand the application of condi-

tioning procedures to the treatment of chronic alcoholism it is first necessary to understand the nature of both simple and conditioned reflexes.

A simple reflex is a response of the body to a specific stimulus without the intervention of consciousness. Thus, if a light is shined in the eye, a reflex contraction of the pupil occurs. The movement of the leg when the knee cap is tapped is another simple reflex. Simple reflexes possess several fundamental characteristics; first, they are present at birth; second, they are automatic and may be elicited without conscious thought on the part of the subject; third, they are specific, an identical stimulus always elicits an identical response; fourth, they cannot be inhibited by the will of the subject; fifth, a simple reflex never disappears during life unless disease of the structures involved in the reflex occurs.

Conditioned reflexes, while based on simple reflexes, are considerably more complicated. Whereas the simple reflex is present at birth, conditioned reflexes develop only after the infant, and later the adult, widens contact with his environment and comes to possess knowledge and experience. An example of how a conditioned reflex develops spontaneously is aptly phrased in the cliché "the burned child dreads the hot stove". It is not until the child has gained the experience of being painfully burned that he learns to avoid this source of discomfort. Later he learns to automatically drop a hot object without consciously realizing that he is being burned and in turn deliberately dropping the object. Our daily life abounds with these conditioned reflexes resulting spontaneously from experience or training. The flow of saliva, when an appetizing odor is perceived, the automatic shifting of gears or application of brakes by the veteran chauffeur, the throwing up of an arm to ward off a blow, the unerring touch of the expert typist—these are but a few of the conditioned reflexes that we use every day. Some serve to protect a person from injurious elements in his environment; others allow the acquisition of skill or the automatic reaction to repeated situations or circumstances. Still others, like the flow of saliva, assist the body in its physiologic functions. Conditioned reflexes thus acquired spontaneously usually serve a useful purpose. In the Laboratory, however, it is possible to deliberately create a scientific curiosity, a conditioned reflex that serves no useful purpose. Or, by manipulating the various factors used in creating a conditioned reflex it is possible to elicit a response to any given stimulus quite different from that normally expected. These latter conditioned responses are used occasionally in the treatment of disease. An example of how such an abnormal or unexpected response to an indifferent stimulus is created

may be had if the simple reflex of the pupillary contraction is again examined.

As mentioned previously, if a light is shined into the eye, the pupil contracts. This is a simple reflex and since it is present at birth it cannot be the result of learning or experience. This simple reflex serves the useful purpose of protecting the eye if it is exposed to a bright light. The pupil does not normally contract when a bell is rung, for the eye need not be protected from sound waves. By a process of conditioning, however, by establishing a conditioned reflex, it is possible to make the pupil contract when the tone of a bell is heard. This conditioned reflex is established through a number of repeated conditioning experiences, or as technically designated, conditioning seances, in the following way: A bell is rung and while the subject is concentrating on the tone of the bell a light is flashed in the eye. These two actions constitute the essential elements of a conditioning seance. After this conditioning experience has been repeated a number of times it is found that the pupil contracts when the bell is rung but the flashing of the light is omitted. A conditioned reflex has been established.

Conditioned reflexes resemble simple reflexes in certain respects. They are elicited without conscious effort on the part of the subject and they cannot be inhibited by the will. They are also specific in that once a conditioned response to a certain stimulus has been secured, that stimulus always evokes the same response. They differ from simple reflexes in that since they are a product of learning, they may also be forgotten, or extinguished. Extinction of a conditioned reflex may be prevented by a process called reinforcement. Reinforcement consists of the occasional repetition of a single conditioning seance—a review of a previously learned lesson so to speak. Now that the fundamental nature of conditioned reflexes has been briefly considered it is possible to understand how this principle

may be utilized in the treatment of chronic alcoholism.

In order to do this it is advantageous to examine still another conditioned reflex that frequently occurs spontaneously in nature. This is the conditioned reflex that leaves a lasting distaste for any food which if spoiled or contaminated may cause severe nausea and vomiting. Chicken salad is pleasant to the taste—it certainly does not normally cause nausea and vomiting. If this food is contaminated with certain bacteria before it is eaten, a toxin is produced that causes severe illness without altering the taste of the food. Thus, any food so infected may be eaten with relish only to be followed shortly by severe nausea and vomiting. Under the circumstances the elements of a conditioning seance are present and a conditioned distaste for chicken salad results from the experience. This conditioned distaste will persist for months or perhaps years, until it is finally forgotten, that is, the conditioned reflex becomes extinguished. The conditioned aversion may be extinguished more quickly if the subject forces himself to eat this particular food again immediately. Likewise the conditioned aversion may be reinforced if the next time the subject ate this particular food it should be tainted and he should be made ill again.

The treatment of alcoholism by conditioning procedures is exactly analogous to the preceding example. However, since alcoholic beverages do not normally cause nausea and vomiting it is necessary to add an artificial element that will cause the subject to become ill each time he drinks alcohol in any form. Certain drugs may be put in the liquor to create illness, but for technical reasons this method is not successful. It has been found more effective to inject the drug (emetine) subcutaneously in such a manner that the subject becomes nauseated just after he has taken an alcoholic drink. It is obvious that if the patient were to become nauseated before

he was given the liquor he could not either consciously or subconsciously accuse the alcohol of causing the illness from which he was already suffering. Under these circumstances a conditioned reflex could not possibly be established. The correct timing so that the first drink is given just before the onset of nausea then becomes the *sine qua non* of the conditioning procedure; it requires that the doctor or technician be skilled in this matter. The failure to properly observe this most important point of technic makes it impossible to effectively condition a patient. Lack of skill in administering the treatment is believed to be responsible for most of the poor results. In addition to the need of experience, there are many other technical details requiring rigid control by therapist.

In order to establish a conditioned reflex in animals, Pavlov found it necessary to build a soundproof laboratory on a block of concrete resting on solid bedrock in order to prevent distraction of his animals by vibrations from traffic and other noises. Conditioning cannot proceed in competition with distraction. This makes the general hospital unsuitable as a place to treat alcoholism by conditioned reflex. Soundproof treatment rooms must be provided, free from all distracting influences. Each conditioning seance must be "staged" in such a manner as to allow the patient but two thoughts first, that he is drinking liquor, and second, that he is being made ill as a result. Since conditioning proceeds regardless of the patient's volition, it is possible to utilize rather obvious methods to increase his discomfort. They do not lessen the effectiveness of the treatment even though he realizes that a deliberate attempt is being made to increase the degree of illness.

The patient must be thoroughly disintoxicated and completely free from the influence of sedative drugs if effective conditioning is to be realized. An intoxicated, drugged or debilitated subject cannot develop a satisfactory conditioned reflex.

This requires careful disintoxication, physical evaluation and correction of deficiencies together with the acquisition of nervous stability by other means than alcohol or sedatives before the conditioning seances may be started. Many persons have asked why the alcoholic who habitually becomes ill after drinking heavily does not develop a spontaneous aversion to alcohol in the same manner that a conditioned distaste is developed for certain foods after being sickened by them. The answer is that the alcoholic becomes ill while he is intoxicated and a conditioned reflex cannot be established in an intoxicated person.

The creation of any conditioned reflex must occur during the administration of a number of conditioning seances. The number of seances required to establish a satisfactory reflex in the treatment of alcoholism is usually between four and eight. It is fundamental that each seance must be progressive—each one more severe and a little longer than the previous one. A smooth gradation is accomplished by the judicious manipulation of the drugs, and this also depends largely on the skill and experience of the therapist. Failure to accomplish this will result in ineffective conditioning. As a rule the level of a conditioned reflex is that obtained during the final conditioning seance; if the final seance is weak and ineffectual, the conditioned reflex will be weak and ineffectual. It is easily understood that during the conditioning period, the patient must be made ill every time he imbibes alcohol. This precludes the use of this method on outpatients or those at home, as the drinking of liquor that does not sicken between conditioning seances would effectually block any effort to secure a conditioned aversion no matter how long the treatment was continued.

The foregoing are but a few of the many technical requirements that must be observed if adequate conditioning is to be obtained. Failure to observe these small but important

details will result in failure or at best only partial success. Home treatments and patent medicines are doomed to fail. Treatment attempted in unfavourable surroundings or by practitioners not familiar with all aspects of conditioning procedures and highly skilled in their use will be, at best, only partially successful. Even more is this true of certain pseudoscientific groups who have availed themselves of the "formula" furnished by those who have developed the method to its present state and who attempt to apply a standard treatment to all patients.

Once a satisfactory conditioned reflex aversion to liquor has been established the patient will have secured a keen distaste for all alcoholic beverages. He will instinctively avoid them for several weeks at least and will experience varying degrees of nausea should he come in contact with the odor or, in some cases, even the sight of liquor. This keen aversion soon disappears, the result of spontaneous extinction of the conditioned reflex, so that the patient may be in close contact with liquor with no discomfort. Even though the acute aversion for liquor soon wears off, and it is better that such occur, the patient is left with a lasting disinterest in alcohol and alcoholic beverages that persists indefinitely provided he does not take a drink. In observing thousands of cases after periods of abstinence up to twelve years following conditioning therapy, it was found that a rebirth of the craving for liquor followed promptly in every case after taking a single drink. Thus the conditioned reflex treatment of chronic alcoholism, as is true of most other treatments, imposes upon the patient the need for total abstinence after treatment. The benefit acquired by the conditioned reflex disappears if the patient should for any reason wilfully swallow a drink in spite of his lack of desire to do so. If this first drink is taken soon after completion of treatment the patient will probably vomit. If taken several months after treatment he will probably experience

little or no discomfort. The fact that the patient will probably vomit a drink is not the protection afforded by the conditioned reflex therapy however, for this phase is inconstant and rarely acts as a deterrent to continued drinking. The value of the conditioned reflex therapy lies in the abolition of any craving for liquor, a feeling of independence so far as alcohol is concerned. This type of therapy does not make it impossible to take a drink; it merely makes it difficult, or it makes it easy to abstain. The fact that any patient who so desires may deliberately force himself to take a drink at any time after treatment has been completed, necessitates the selection of patients for conditioning therapy. Only those may be treated successfully, as a rule, who have an honest desire to stop drinking. If a patient does not wish to stop drinking, this therapy, or any other for that matter, except incarceration, will be unsuccessful. There are, however, other personality factors which make certain patients poor subjects for conditioning therapy.

From an extensive study of nearly 5,000 cases treated by this method it has been found that conditioned reflex therapy alone is insufficient for those alcoholics characterized by youth (under 23 years of age), chronic financial indigence, criminal records, mental illness and psychopathic traits. From these data it has been determined that the most favourable type of patient is a person of middle age or older, of respectable habits (except for drinking) who has been steadily employed or moderately successful; a person who has the respect of friends or neighbours, and who drank normally, but in increasing amounts, for a number of years until he became unable to stop. However, even in manifestly unfavourable subjects, conditioned reflex therapy has its place in combination with various forms of psychotherapy for it is usually effective in temporarily maintaining the patient in

a sober condition while psychotherapy is being applied. In the series of cases quoted above it was found that about 70 per cent of the patients could be adequately treated by the conditioned reflex method alone while the remaining 30 per cent required various additional psychotherapeutic measures. The effectiveness with which suitable patients may be treated by conditioning alone may be best judged by examination of the published statistical studies of those who have had adequate experience with the method.

Only two clinics in opposite corners of the United States (one in Boston, the other in Seattle) have reported sizable series of cases together with statistical analysis of their results. The Boston clinic reported 126 cases while the Seattle group published the results in 1,526 patients treated by this method. More recent evaluation of 4,000 unselected cases receiving conditioned reflex therapy alone from the latter group shows a larger percentage of these patients remaining abstinent than has been reported following any other type of medical treatment including formal psychotherapy and certain forms of custodial treatment. The results in an additional 1,000 patients who were screened so that certain less promising individuals received supplementary psychotherapy were even more successful.

In summary, the conditioned reflex method of treating chronic alcoholism constituted an adequate therapy by itself in about 70 per cent of reported cases. In the remainder it is a most valuable adjunct to psychotherapy or other types of treatment. The percentage of successful results following conditioning therapy promises to be much higher than those following any other medical treatment, provided the therapist administering the treatment possesses the requisite skill and has available proper institutional facilities.

THE REPORT OF THE MADRAS PROVINCIAL HOUSING COMMITTEE Comments on the Recommendations

by

Mr. N. V. Modak,

C.I.E., J.P., B.E., M. Inst. C.E., M.I.E.,
M.I. Mun. E., F.R. San. I.

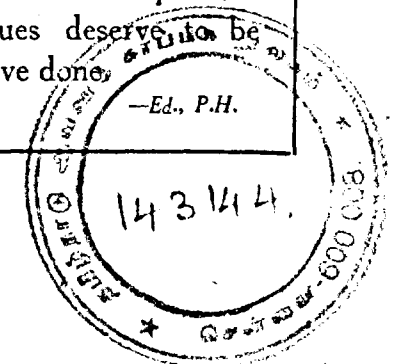


Despite dearth of space in our columns, we give hereunder all the recommendations of the Madras Provincial Housing Committee and the comments, on each of them, by Mr. N. V. Modak. We do so on account of the importance of the subject. It is also desirable that our housing authorities, *all over the country*, keep these comprehensive recommendations of the Committee with the comments thereon of so well-known an authority as Mr. Modak, before them in formulating their own proposals.

We are indebted to Mr. N. V. Modak for finding time, in the midst of his multifarious duties, to go through the report critically and offer his comments on each of them.

The Chairman of the Housing Committee, Mr. L. Venkatakrishnan, has taken enormous troubles, in collaboration with his colleagues in the Committee, to go into the question in all its bearings. He and his colleagues deserve to be congratulated on the excellent work they have done.

—Ed., P.H.



1. The Madras Buildings (Lease and Rent Control) Act, 1946, should be kept in operation until such time as the measures for relieving the housing shortage are well on the way.

1 It is true, that the Rent Control Act has conferred benefits on the existing tenants both in the matter of stability of tenancy and without any unreasonable increase in rent. But it has given no relief to tens of thousands of people who are absolutely homeless, and I am of opinion that there should be no rent control on newly constructed houses, but on the other hand the landlords should be encouraged to construct as many buildings as possible, leaving the rents to be adjusted under the principles of demand and supply. It is for the middle and upper classes that private enterprise undertakes housing and once the supply becomes adequate the high rents that the owners are likely to enjoy for some time would fall to their natural level. For the poorer and working classes the provision of housing is the responsibility of the State and partly of the local authorities and the industrialists. Unless, therefore the State wholeheartedly begins to provide accommodation on a large scale and subsidizes the housing for poorer classes provided by local authorities and others, the problem of housing is bound to remain stagnant, nay, further deteriorate progressively.

2. Housing Development should be properly planned and executed.

2 Housing development does not only mean provision of accommodation of any type whatsoever. It means much more—adequate living space, air, light and ventilation, privacy, comfort and provision of various amenities essential to provide a full measure of civic life to the residents.

3. It should be the responsibility of the Provincial Government to deal with the problem of housing and executing housing schemes.

3 It is not the responsibility of the Provincial Government alone to deal with the problem of housing of the lower income group as their financial position will not be able to bear the heavy expenditure involved and the Union Government should therefore render financial assistance at least to the extent of one-third the cost.

4. Combined activity by the Government, Local Authorities, Improvement Trust, etc., is necessary for the discharge of this responsibility and it is also necessary to stimulate co-operative, commercial and private enterprise side by side with those of public authorities by affording

financial aid, technical advice and rigid enforcement of better standards.

4 I agree with the suggestion.

5. Lands suitable for housing schemes belonging to temples, religious institutions, etc., should be taken on lease, for long terms, say 99 years, instead of purchasing them, in order to reduce the overall cost of the schemes considerably.

5 Leasing of lands belonging to temples, religious institutions, etc., is purely a local problem, but the idea of leasing other land instead of purchasing it outright is a sound one and I would further suggest that legislation be enacted to enable the Government and local authorities to compulsorily take the lands on lease, from private owners on reasonable terms.

6. The possibility of production on a large scale of the essential parts in a building, such as window and door frames, panels, etc., and building furniture, such as hinges, door bolts, latches, locks, hold-fasts, etc., should be examined and measures taken to achieve their large supply.

6 It would be economical to resort to the standardisation of the different numbers of structures, e.g., doors, windows, partitions, etc. and their manufacture in mass production on a large scale and it would further speed up the construction of homes.

7. Mechanisation of labour should be attempted though it will require an entire reorientation of outlook and the size of magnitude of the work will determine whether such is economically feasible or not.

7 The introduction of mechanical plant in the building trade needs to be encouraged. Labour saving appliances and equipment will tend to reduce the cost of construction and would expedite the execution of work. It is high time that the mechanisation of labour is considered in earnest.

8. In respect of distribution of housing among different classes of people, Government servants should be given first priority, municipalities and public institutions should come next; industrial areas will have to be given a high priority. The needs of others belonging to low income groups will have to be taken next in the

order of preference. Provision of housing for the homeless also, such as beggars, pavement dwellers, etc., is an immediate necessity. The needs of the middle and the richer classes who can afford to pay economic rent on the class of house they need can be left to co-operative enterprise and private corporations to develop.

8 The municipal servants should be treated on par with Government servants, as they also belong to essential services and should be given the first priority, along with Government servants, in respect of distribution of housing for different classes of people.

9. The housing of the middle and well-to-do classes should be helped in the supply of materials, provision of building land and such technical help as may be needed to keep the development on right lines.

9 I agree with the recommendation.

10. The prime need of housing for agricultural labour is planned housing development and the creation of satisfactory environment for such development which are exclusively the responsibility of the State.

11. The bigger landholders can be mobilized to provide housing for their workers but the State should render them every direct and indirect aid for the purpose. The help should be both financial and otherwise. The financial aid should be in the form of subsidies, cheap credit, etc., as in the case of, and on terms similar to, those applicable to industrial establishments.

12. Big employers like the Railways and industrial establishments should arrange for the housing of all their employees belonging to income groups of Rs. 200 and under with the aid of the State. A 20-year plan for the housing of the Industrial workers in the Province should be drawn and executed.

13. Housing for the poor and the destitute including beggar homes for beggars and dormitories for pavement dwellers should be provided by local authorities aided by the State and run as a social service.

14. As a matter of immediate relief, in order to meet the needs for a few years, for the one lakh of people living in the cheries in the Madras City and requiring some 17,000 houses to lodge them, the authorities should provide roads, drains, sanitation and water-supply and also raised plinths with impervious floors to raise their hutments. This will cost only one-third of the cost of proper housing.

10 to 14 I hold the same views.

15. Besides encouraging planned housing development in the extended city limits, open spaces available within the City itself should be explored for housing; for instance, the two Government House compounds (Chepauk Gardens and Guindy Park.)

15 In view of the fact that in important cities in India open spaces are hopelessly inadequate, whatever open spaces that exist should be retained as such and laid out as parks, recreation grounds, instead of utilising them for housing. The basis of 4 acres per 1,000 of population should be the target for any first class city.

16. In the City of Madras there are residential and other parts which contain public and private roads which are unsatisfactory and which have not yet been taken up by the Corporation. The Corporation should expedite the taking over of all these roads and bring them to a satisfactory condition as also the private roads, the cost of such works having already been paid for.

16 The whole road system of a city should be under the control of the Corporation.

17. The scheme for a canal connecting the Cooum North Branch with the Springhaven basin may be taken up by the

Government and proceeded with, if feasible, for the purpose of (1) flushing the Cooum, (2) relieving the congestion at basin wharves, (3) avoiding the double handling of cargo, and (4) eliminating the spectacle of a long continuous stream of manhauled carts along some of the main streets and roads of George town and the consequent heavy congestion.

- 17 This is a local problem.
18. With regard to the provision of other amenities in the City Corporation limits such as social service and medical help, the necessity for keeping pace with the expansion of housing should receive adequate consideration.
- 18 I hold the same views. Every housing scheme should provide all essential amenities as part of the scheme.
19. Begging must first be made a penal offence and rescue houses provided when an Act prohibiting begging is brought into force. Beggars must be suitably accommodated outside residential areas in the City, and larger towns. The financial responsibility of providing accommodation for the homeless beggars must be shared by the Government, the concerned local bodies and Municipalities and private charity should be encouraged as much as possible.
- 19 It should be the responsibility of the Provincial Government to provide beggars' homes and engage them in useful work. The Government of Bombay have already made a beginning in this matter.
20. Hostels for single men and women, boys and girls, should be established in the City at convenient places with suitable accommodation such as common halls, dining rooms, common kitchen and canteens. They should be separate for each age group and sex.
- 20 I hold the same views.
21. Temporary housing such as Nissen huts for providing immediate relief as is done in the case of military camps is not commended for the following reasons :—
 - (a) Such accommodation will be wasteful and far outweigh the doubtful benefit it might confer; and
 - (b) The generality of the people in the City to whatever group they may belong would not take to such dwellings.
- 21 Temporary housing with Nissen huts may be objectionable but in view of the shortage of buildings and the abnormally high cost of permanent construction, it is absolutely necessary to provide semi-permanent housing to give immediate relief to lakhs of people that are homeless in the cities.
22. The Government should build hostels for the accommodation of the students and allot to Government servants belonging to low income groups who may later be shifted to residences that may be built specifically for them, the hostels being transferred to the Colleges to which they are appurtenant.
- 22 There is shortage of accommodation even for the student population and therefore whatever hostels are constructed for their use should be allotted to them from the very beginning instead of allotting them to Government servants in the first instance and transferring them to the colleges after they are vacated.
23. Rent collectors employed by the Madras Corporation should be trained in the welfare work and should be responsible not only for the collection of rents in respect of tenements and model houses but should also help in the education of tenants, by inculcating in them habits of cleanliness by creating a friendly and sympathetic atmosphere and by tactful handling, so as to ensure a clean and orderly maintenance of these tenements.
- 23 The suggestion—make the rent collectors responsible for the education of tenants in the matter of habits of cleanliness—is a wholesome one, but it is necessary to engage the services of persons of higher calibre and with better remuneration for the same.
24. There is urgent need for Women's Associations to help the Government and the Local Authorities in House Property Management such as collection of

- house-rents and education of tenants for the clean and orderly maintenance of the tenements.
- 24 The experiment is worth giving a trial, and if found successful may be adopted in large scale property management.
 25. Unlimited growth of the Madras City should be checked by wise planning in order to prevent the metropolis turning into a chaotic and unwieldy megapolis.
 26. Measures should be taken to distribute the population in the Madras City more evenly by encouraging the population to move out from crowded areas into new colonies in undeveloped areas such as Adyar, Kodambakkam, Guindy, etc. Certain industries like the beedi industry and match industry, oil mills, the soap industry and cinema studios could also be taken out of the City. The Penitentiary should be shifted out of the City and the area of about 11 acres occupied by it should be used for locating Government offices or as a park.
 - 25 & 26 It is essential that large cities like Bombay and Madras should extend their limits as population grows. For the orderly and systematic growth of the city it is necessary that a Master Plan should be prepared in advance and the development should take place in conformity with the provisions made therein. Industry should also be decentralised in the extended area to facilitate the spilling over of population from the congested parts of the city.
 27. Milch cattle stables located in the midst of residential areas should be moved out of the City and facilities rendered for the creation of a satellite dairy town and scattered dairy belts conveniently situated along suitable arterial roads or main railway stations.
 - 27 Milch cattle stables should be removed not only from out of the city's limits but even beyond the limits of extensions and should be separated from other areas by means of deep green belts.
 28. The sewage from the City should be applied for grass farming.
 - 28 The city sewage should at first be applied for the production of grass and the sludge may be used for agricultural purposes.
 29. Government buildings and Government building operations should be subject to the same rules and regulations as are required to be complied with by private bodies. The Government Buildings Act of 1899 should be repealed in the larger interests of the community.
 - 29 I fully endorse the views.
 30. The Fort St. George and the Glacis should be taken over and included in the City limits and all Government offices in the City should be located in the Fort area or in close proximity thereto thereby helping to relieve congestion in other parts of the City so as to enable one to transact business with more than one Government Department.
 - 30 This is a local problem.
 31. The construction of model houses as has been done by the Corporation of Madras, Municipalities like Madura, Ootacamund, Coonoor, Narasaraopet should be attempted by other municipalities.
 - 31 The objective of the Municipalities should be more ambitious than adopting the construction of model houses erected in Madras, Madura, etc. We should have tenements properly laid out and provided with amenities so as to enable the tenants to enjoy a full measure of civic life.
 32. The sanction and execution of Town-Planning Schemes should be expedited.
 - 32 Town Planning schemes, as contemplated in the existing Town Planning Act of the Provinces of India, are obsolete in these modern times. Radical changes are necessary on the lines of the English Town and Country Planning Act, 1947. The Bombay Municipality is already preparing a Draft Bill for the enactment of such a legislation for the planning and development of greater Bombay.
 33. Local authorities have shown little regard or no interest in the enforcement of the laws dealing with hygiene, overcrowding, etc., in fearing to risk popularity with the electorate. This fear should be eliminated for the proper

executive exercise of social and ameliorative laws.

- 33 It is not all cases due to the lack of regard or interest on the part of local authorities that laws dealing with hygiene, overcrowding, etc., are not rigorously enforced but because of the lack of alternate accommodation for the population that is likely to be dishoused as a result of such action. The provision of an adequate number of houses is, therefore, the first and foremost measure to be adopted. But for want of materials and on account of financial stringency, no progress is possible. The provision of housing for the poorer classes by Government therefore becomes a still more urgent problem.
- 34 Land development as housing colonies should first provide the essential community needs such as protected water-supply, sewage system and roads before houses are constructed.
- 34 The Municipality has always provided essential community needs before the development of the area took place.
- 35 Vacant lands suitable for housing available in municipal towns, which could not be obtained must be acquired and sold on lease to the public on a rational distribution basis as house-sites for building houses.
- 35 This suggestion is overdue and should have been given effect to much earlier.
- 36 Detailed survey of housing, showing the extent of overcrowding existing in each individual area and the number of houses which are below human standards of habitation, should be undertaken to serve as a correct guide for formulating housing schemes, in that area.
- 36 This is the right procedure to be adopted.
- 37 The main impediment in the development of amenities in semi-urban parts which require a definite contribution by the local bodies, generally one-half in the shape of long-term loans repaid from out of specific taxes is the want of civic consciousness in the administrations concerned, and unwillingness to face the necessary taxation for self-improvement and should be eliminated.
- 37 The fault does not entirely lie with the local bodies for not undertaking development of amenities referred to, as their financial position would not allow such a development without a substantial contribution from Government. The Government should not therefore grudge sharing the expenditure with the local bodies.
- 38 Land required for house building purposes by the Government, Local Authorities or public utility institutions should be compulsorily acquired by invoking the provision of Land Acquisition Act.
- 38 Land required for housing should be compulsorily acquired as also taken on lease for 99 years. The provision for the latter does not exist and suitable legislation will therefore have to be implemented.
- 39 Effective control should be exercised over cost of building land and its value should be fixed by legislation on the basis of prices prevalent in the locality in 1939-40 with an increment subject to a maximum of 40 per cent over the basic price. This control should however apply only to land required for housing schemes undertaken by the Government, the Local Authorities or public utility institutions.
- 39 Effective control should be introduced for the rate of building land on the basis of the prices prevailing in 1939-40, but the increment of 40% suggested in the Report is rather on the low side at least so far as the City of Bombay is concerned, as land rates in some cases have shot up four to five times more than in 1939-40, I would therefore suggest a maximum increment of 80 to 90% over the basic prices.
- 40 The Government or the Local Authorities should acquire the land required for housing either by outright purchase or on long-term lease extending to 99 years and lease it to the builder in order to exercise effective control over the use of the land. The same policy should be adopted with regard to land belonging to the Government or Local Authorities or public utility institutions.
- 41 Suitable legislation for requisition of building land should be enacted.
- 42 In taking lease of land belonging to religious institutions, due regard should be paid to the possibility of the religious

- authorities objecting to specific communities using the land belonging to the concerned religious institutions.
- 43 Co-operative Building Laws should be amended in order to permit the financing of house construction on lease-hold properties.
- 44 Special land acquisition staff should be appointed to speed up acquisition or requisition proceedings.
- 40 to 44 I hold the same views.
- 45 Section 17 of the Land Acquisition Act should be suitably amended in order to bring within its scope of emergency the acquisition of land for building schemes undertaken by Local Bodies, Improvement Trust and Building Societies.
- 45 Our Land Acquisition Act is antiquated and not only Section 17 of the Act should be amended as suggested but the whole Act needs to be revised on the lines of the English legislation.
- 46 Where open spaces appurtenant to houses in the Madras City exceed 20 times the plinth area of the house or 2 acres such extra space should be subjected to taxation based on market value and if this necessitates, the amendments of the City Municipal Act, they should be undertaken.
- 46 Not only the open spaces appurtenant to houses should be subjected to taxation but also any vacant and unbuilt open land, as speculators deliberately keep the land unbuilt open for taking advantage of any rise in prices.
- 47 The control of land values should apply to lands selected by the Local Housing Committees for Co-operative Housing Schemes.
- 47 I agree with the recommendation.
- 48 The land available in any area should be distributed equitably according to the various needs of the community which include provision for residential and industrial areas, etc., before launching housing development schemes.
- 48 In the planning of undeveloped lands, suitable areas for residences, industries, business, recreation, etc., and the housing development schemes should be carried out only on residential areas.
- 49 Wet and cultivated lands within the borders of the City or municipalities which are sources of infection and militate against the health of the locality should be reclaimed and made fit for building in preference to extending municipal limits.
- 50 The recent Government orders prohibiting the use of wet lands for building purposes should not apply to areas inside cities and municipal towns or areas contiguous to them.
- 51 The Provincial Government should take necessary steps for getting a larger allotment of steel from the Government of India and to see that an adequate share of the quantity is obtained and earmarked for building schemes of this Province.
- 49 to 51 My views are the same.
- 52 Madras being favourably situated for the manufacture of special alloy and special electric steels, a specific part of allotment for the Province should be set apart for development of this industry and meeting its own demand for manufactured goods.
- 52 This is a local problem.
- 53 Small scale industries for the manufacture of building furniture such as holdfasts, butt, strap and parliamentary hinges, tower bolts, hasps and staples, padlock bolts, etc., needing small capital should be developed and Government assistance in the form of providing capital for establishing new or developing local industries and securing requisite metal to facilitate manufacture of these articles in large quantities should be rendered.
- 53 The small scale industries referred to can well be developed, even without any financial help from Government by private enterprise, provided all facilities are given to the industrialists undertaking the establishment of such industries. There is enough capital locked up, particularly in the cities, and if such encouragement is forthcoming, many a concern would come forward to start these industries.

54. The rolling mills at Bezwada and Nega-patam which are idle on account of transport difficulties for getting raw material should be revived. A steamer should be chartered or purchased outright for transport and the Government should render the necessary facilities of transport and procurement of raw material.
- 54 This is a local problem.
55. Wagon facilities should be provided by the Government to the cement manufacturers for securing maximum output and for distribution to building industry.
56. A more extended use of the varieties of country timber other than teak should be popularized for building schemes.
57. Forest department should increase the supply of timber by a more thorough and systematic working of the forests-replantation and rotational exploitation and by the erection and operation of lumber mills reducing the timber to sizes.
58. The conditions requiring the return of scaffolding materials such as casuarina poles, bamboos, etc., after usage by builders to Government depots should be removed as their value as fuel will have greatly deteriorated by usage and exposure to weather.
59. The Government should reduce the cost of timber for building industry as in the case of timber reserved for the Government, railways and municipalities and bring it down to a reasonable level and make it available at a price as near to that allowed for defence purposes as possible.
60. Royalty on timber such as teak should be brought down to a more reasonable figure.
61. Forest department should be a service organization for the development of forest wealth, conservation and supply and should not necessarily be required to show visible profits.
62. Wagon facilities should be provided for transport of timber required for building schemes.
63. As standardization of doors and windows and their manufacture on a large scale will save material and labour and enable more correct fittings on account of machine operations, the establishment of more saw mills and wood working machinery should be encouraged.
64. The use of machine for the preparation of bricks on a large scale and on an economic basis should be investigated.
65. Adequate supply of slack coal should be made available and transport facilities should be afforded for the expansion of brick industry.
66. The price of bricks should be controlled by bringing the entire output of the kilns against coal supply to account and allotted specifically to consumers.
67. As the flooring and roofing tiles come mostly from the West Coast, facilities for their transport should be afforded for the building schemes.
68. Lorries should be provided for the transport of sand required for building schemes.
69. Transport should be arranged for making the sanitary fittings available in sufficient numbers at the places they are required.
70. Subsidized contracts for sanitary ware and large expansion of the ceramic industry should be arranged to meet the requirements of building schemes.
- 55 to 70 I hold the same views.
71. Pre-fabricated panelled houses are ruled out for adoption upon any large scale.
- 71 I do not agree to the ruling out of pre-fabricated houses on any large scale, unless it is meant to be a whole house manufactured in factory and the parts assembled on site. Some types of such prefabricated

- houses, such as aluminium houses, may not be suitable nor conventional for this country, but there are others, where all or most of the component parts of the structure are manufactured in factories and the actual construction is done on site. Structures constructed by these methods are equally durable as ordinary construction, if not more, pleasing in appearance and are guaranteed to stand the tests for heat insulation, acoustic properties, resistance to fire, heat and water even better than the ordinary construction. On large scale housing programmes this type of construction would be more economical than the ordinary one. We cannot rely on the old methods of construction for solving our housing problem, the enormity and magnitude of which would surely justify the methods of prefabrication, let alone the reasons of shortage of steel, timber, cement etc. I therefore would not like them to be condemned on reasons of sentiment and prejudice without giving them a fair trial.
72. The pressure on brick trade should be reduced by the adoption of pre-moulded concrete cement hollow blocks and necessary transport of cement should be arranged.
73. Building research should be set up to improve the standard and the methods of building, building materials and building trade and to reduce building costs, both in urban and rural areas.
74. As transport is the primary bottleneck for the building schemes, the Government should build or purchase wagons and earmark them for the building trade including its ancillary manufacturing operations.
75. Effective and complete control over the prices, uses, production and distribution of building materials should be exercised to prevent black-markets.
76. The punishment for black-marketing should be imprisonment.
77. A central authority should be set up to control the allotment of materials for building purposes and it should function as an adjunct to the Provincial Housing Board.
78. Bricks should be purchased by the State at fixed prices and distributed on permits to builders. Controls on similar lines should be introduced for the distribution of cement, building fittings and furniture and other building materials.
79. To remove the great paucity of technical men for lower subordinate supervision and control of labour, a large expansion in the grade of overseers and of foremen's class of master builders should be effected as soon as possible.
80. Building trade schools should be started in important centres for training workers.
- 72 to 80 I agree with the suggestions. They are worth giving effect to as early as possible.
81. Necessary provision should be made in the Madras City Municipal Act and the District Municipalities Act to cover cases where provision of the amenities is delayed by the public bodies concerned for reasons not beyond their control and where such failure hampers progress of housing development.
- 81 This is a local problem.
82. The Government should draw up a scheme arranging for the provision of funds for themselves as well as for other agencies undertaking house construction.
83. In order to relieve overcrowding and congestion in cities, other urban and semi-urban areas, housing projects on a five-year programme should be launched as early as possible.
- 82 & 83 I agree with the recommendations.
84. Local authorities should enforce the provision for the renewal of permit if the construction is not completed within the time prescribed.
85. The City Municipal Act should be suitably amended to make provision enforcing renewal of permit in the case of construction not completed within the time prescribed.
- 84 & 85 In the Bombay Municipality when a proposal for the construction of a building is approved, there is a

provision that the owner can commence the work within twelve months from the date of such approval. If, thereafter, he intends starting the work he has to submit a fresh notice. There is however no provision for the enforcement of time limit for the completion of the work and I do not think that it would be practicable to enforce any time limit for expediting the construction of buildings. As mentioned in serial No. 46 above, if unbuilt open lands are taxed and unbuilt houses are treated on par with vacant lands and taxed accordingly, the purpose would well be served.

86. New houses constructed by private builders and co-operative housing societies within the next two years should be exempted from the levy of property tax for a period of five years.

86 The suggestion would mean a sort of subsidy from the local authorities whose finances are already depleted and which require to be augmented instead of being depleted. Instead, any subsidy to be given should be borne by Government. In the case of Bombay the Urban Immovable Property Tax is levied by Government. This, in fact, should be transferred to the Municipal Corporation. In that event, this suggestion would be worth giving a trial.

87. One-room tenements as family residences should be put an end to.

88. The kitchen must always be separated from the living-room.

87 & 88 I agree with the recommendations.

89. The minimum floor (carpet) space required for a dwelling house of six inmates should be 340 sq. ft., the mean floor area per adult should be 75 sq. ft. and for a child under 10 years 40 sq. ft. The minimum floor area of a living or a bed room should preferably be 120 sq.ft. but in no case should it be less than 80 sq.ft. The height of a room should not be less than 9 feet from the floor level. In the case of flat roofs, the minimum height should be 10 feet. The minimum plinth level should be 18 inches above the level of the centre of the nearest street. The height of doors should not be less than 6 feet 3 inches but should preferably be not less than 6 feet 9 inches for main doors. The width of doors should not be less than 3 feet for main doors but

may be as little as 1 foot 9 inches for bath-rooms. The area of windows and ventilators should in no case be less than one-sixth of the floor space.

The kitchen should not be less than 60 sq.ft. in area. The bath-room should not be less than 24 sq. ft. The lavatory should be of the minimum size of 16 sq.ft., kudams or verandas when provided, should be adjacent to the kitchen. Essential amenities should be provided for each house.

The minimum housing standards prescribed should be applicable to all house construction undertaken by whomsoever it be without exception.

89 The maximum floor (carpet) space required per adult as suggested in the Report, namely 75 sq.ft. per adult and 40 sq.ft. per child, would be rather very costly, particularly in a City like Bombay. I would therefore recommend the maximum floor space to be 50 sq.ft. per adult and 30 sq.ft. per child for the present, until the economic conditions of the people improve.

90. With an increase in housing accommodation, rigid enforcement of the rules for abatement of overcrowding should be insisted on.

91. House building projects should avoid the formation of slums of the future.

92. Designs and lay-out of houses should not infringe the principles of town-planning and architecture, and should avoid regimentation.

90 to 92 I agree with the recommendations.

93. The Government and local authorities should insist on the lay-outs and building plans submitted by the builders being prepared by qualified architects, engineers, draughtsmen or surveyors licensed for the purpose.

93 The practice is already followed in Bombay.

94. A law requiring the registration of practising architects and engineers should be enacted as in the case of medical practitioners.

94. No comments.

95. For giving the town-planning personnel, employed by local bodies, adequate training, diploma and licentiate courses in town-planning including building construction and architecture should be instituted.

96. The density of housing should not be more than 18 houses to the net acre in the City and big towns and 10 to an acre in agricultural areas.

97. The proportion of built up area to the site area should not exceed 1:4.

98. In the case of one-ground plots, the height of a building should be restricted to 2 floors or 25 feet.

99. Vertical development may be permitted in special cases to avoid long leads to places of business.

100. Any colony developed should provide for a balanced distribution of sites for different income groups, domestic service and adequate shopping facilities and other amenities not being forgotten.

101. Each colony should provide for a primary and adult school, health and welfare centre, romping ground for children, play fields for not so young, a dispensary, a reading-room, a meeting place, a co-operative store, a market, a post and telegraph office, administrative buildings, cattle shed and other necessary amenities.

102. Co-operative agriculture of garden lands in the open spaces reserved for parks and gardens should be encouraged especially in rural areas and the ideas, "grow more vegetables" for nutrition, "grow more fruit" for health and "grow more flowers" for beauty should be infused into the minds of people.

103. Students' centres in suitable localities with hostel accommodation and other amenities should be developed, separate for each sex.

104. A reasonable portion of income which can be applied to payment of rent should be 10% for income groups of Rs. 200 per mensem and below; 12½% in the case of income groups above Rs. 200 to Rs. 500 per mensem and 15% of the income in the case of income groups above Rs. 500 per mensem.

105. Rs. 200 per mensem should be fixed as the upper limit of income for low income groups in this Province.

106. Every public servant or worker should be required to pay rent for the accommodation provided on the scales prescribed.

107. The maximum rent charged for any building constructed out of public or quasi-public funds should not exceed 10 per cent of the occupiers' earnings, including those of the dependants. But this should in no case be less than the cost of maintenance of the building, services and taxes, even where the value of services and taxes exceeds the 10 per cent limit.

108. Subsidized houses for low income groups should be generally allotted to the low income groups and if allotted outside that group, rents up to 15 per cent or more as prescribed should be leviable irrespective of the standard rents of the houses.

109. Co-operative agency is recommended as the best agency to cater to the housing needs of persons of moderate means.

110. The facilities extended to co-operative societies in the matter of acquiring land, making material available, etc., should also be extended to corporate bodies which work for no profit.

111. Private companies engaged in building trade with the motive for profit should not be given any financial help from the Government.

in disseminating knowledge on the need and value of good housing.

117 to 139 I agree with the recommendations.

140. Housing Legislation on the lines of the English Housing Act, 1936, should be enacted for this Province.

140 A Bill for the amendment of the Improvements Chapter of the Bombay Municipal Act on the lines of the English Housing Act, 1936, has already been drafted and approved by the Municipal Corporation, and is now before the Provincial Government for the enactment of necessary legislation.

141. Section 42 of the City Improvement Trust Act of 1945 should be suitably modified if found inadequate for enabling the Trust for constructing hostels for students

and the public to be run on remunerative basis.

142. Industry should be dispersed in the Province instead of being allowed to concentrate at a few places.

143. In tackling the problem of housing shortage, the City of Madras and other industrial towns should receive priority consideration.

144. The Union Government assistance should embrace the entire field of subsidized housing.

141 to 144 I agree with the recommendations.

(Continued from page 146)

drivers of conservancy carts in the list of employees. The matter requires investigation with a view to rectifying defects in the system.

ACTION IN TORTS

In the well-known principle that the principal is liable in torts for the action of the agent, the Corporation is obviously responsible for compensating the loss of the child to the parents. The Corporation should, of its own accord, come forward to pay a handsome compensation to the bereaved parents, who are perhaps too poor to undertake the luxury of a law suit.

A GOOD PRECEDENT

We may perhaps draw attention to the fact that a business house at Madras voluntarily compensated in a handsome measure those who sustained injuries or loss of lives by the collapse of a building which was under repairs. The firm did not care to raise any issue whatsoever whether or not the accident was brought about by the action of God or man. The action of the management was then applauded by one and all. That is the spirit in which the Corporation should come forward to pay ample compensation in this case.

THE EXHIBITION

We publish in these pages a review of the Exhibition. All those who have seen it, before it was re-arranged recently, would be in entire agreement with the views expressed by the Reviewer. Our wonder is why is it that the Public Health department did not put its shoulders to the wheel as a team and exhibit a presentable show from the very beginning.



The Hon'ble Sri N. Gopalaswami Ayyangar, Member for Transport, Government of India, in a message to *People's Health*, states :

"The matter it has purveyed to its readers has been both reliable and well-written. Its get-up was bright when it started ; it has grown brighter and brighter with every issue. There is no gainsaying the fact that a well conducted journal of this description supplies a want which we cannot afford to ignore.

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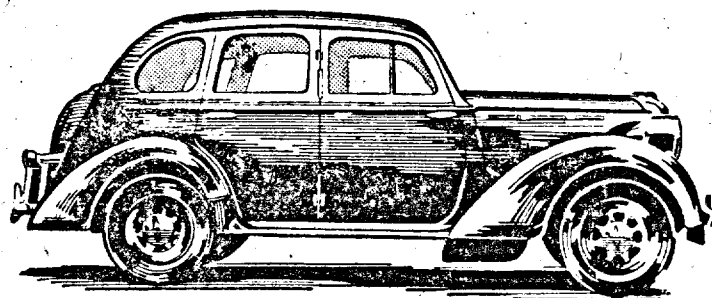
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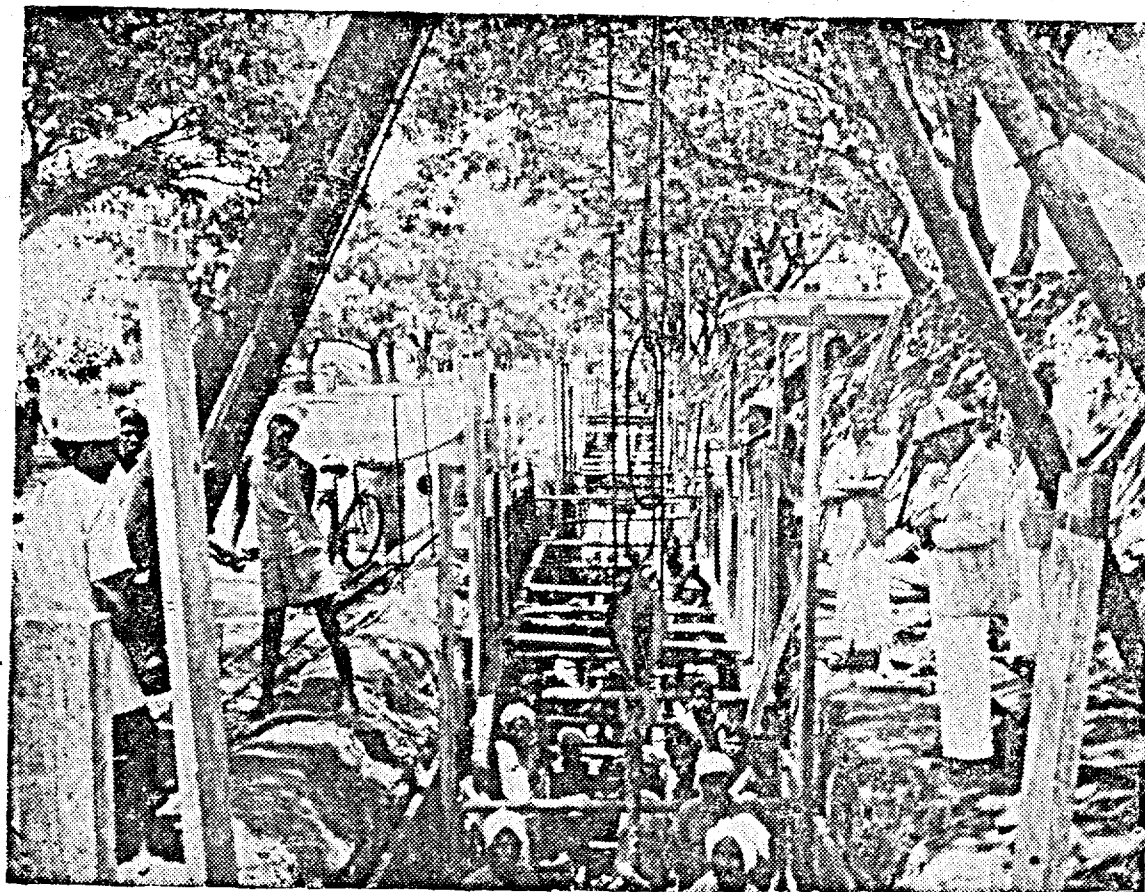


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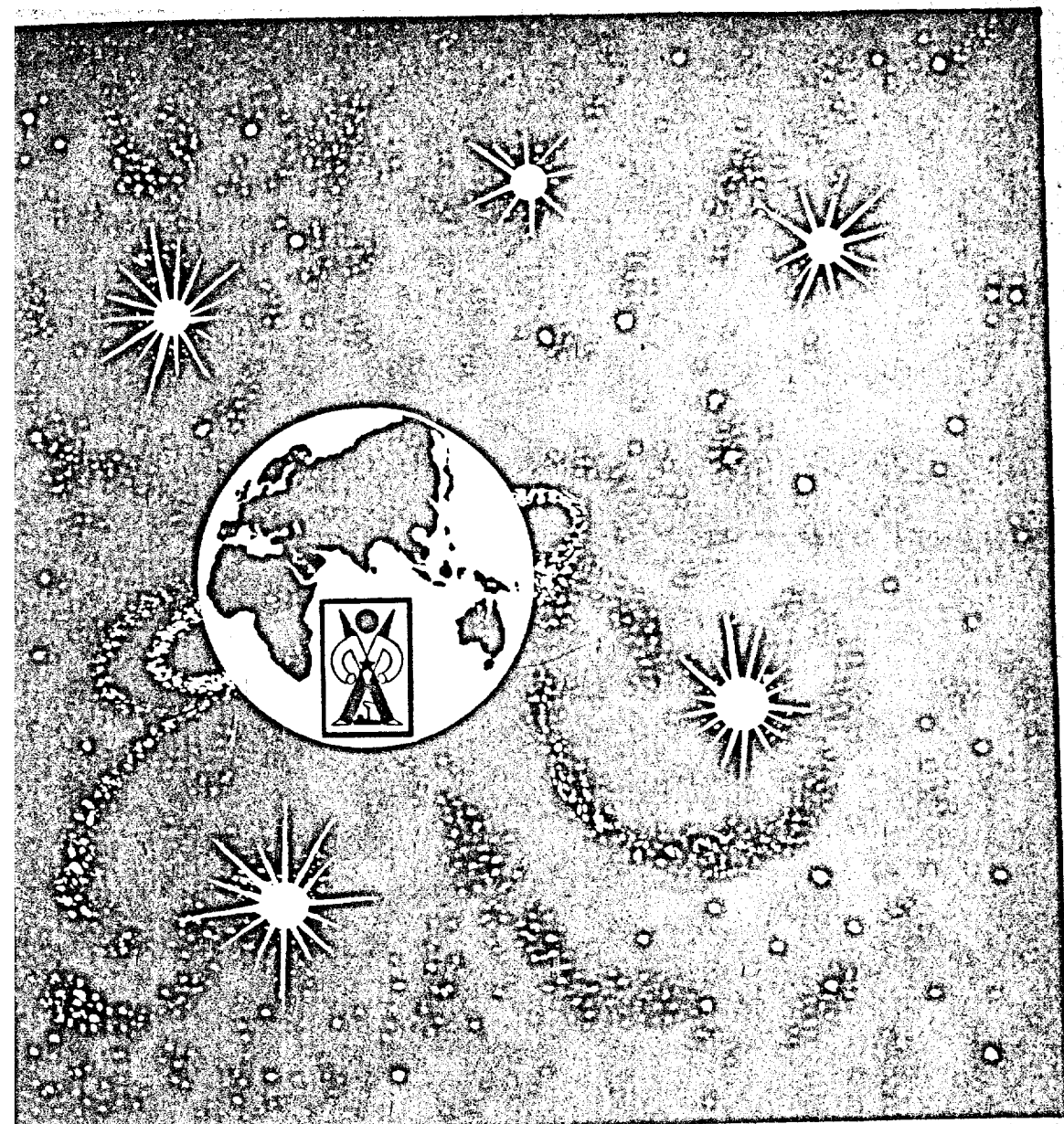
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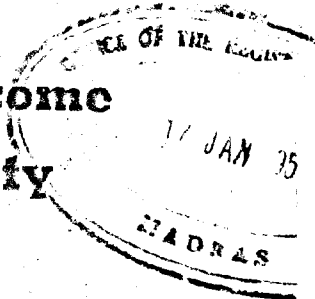
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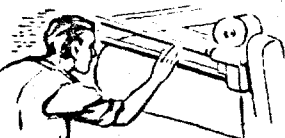
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