

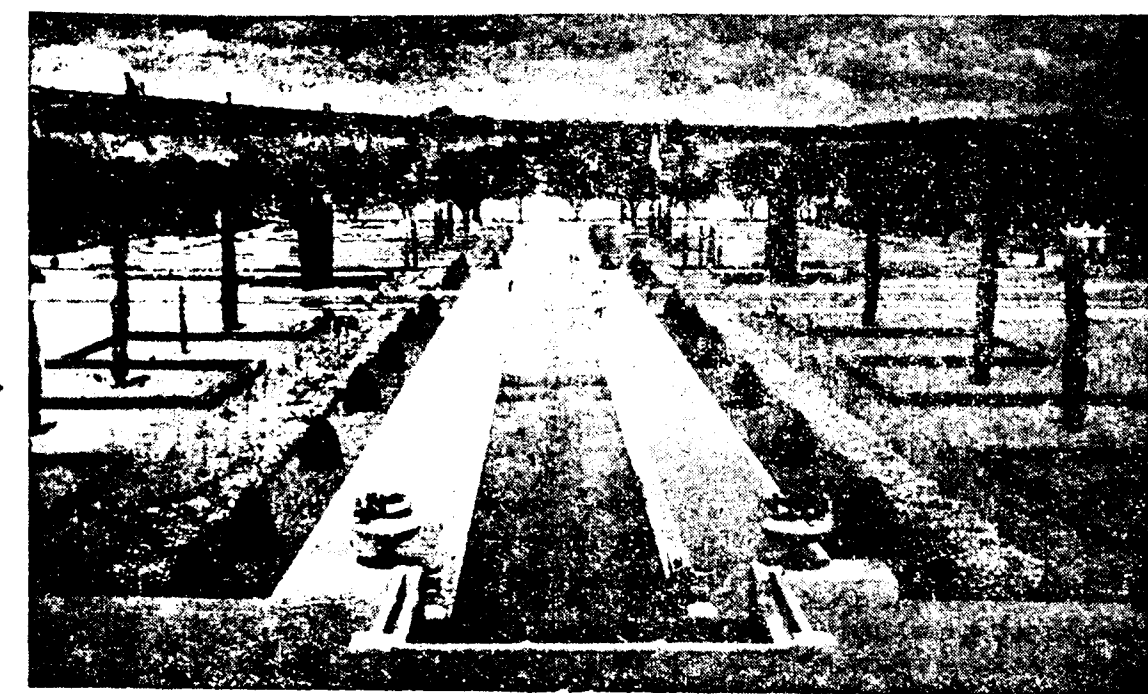
MUNICIPAL GAZETTE

★ A JOURNAL FOR CIVIC AND MUNICIPAL AFFAIRS ★

Vol. 24

OCTOBER 1961

No. 5



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THE MUNICIPAL GAZETTE

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Transition Homes for Refugee Children

Local Bodies and Welfare Organisations Assist in Providing Accommodation

The Ulbricht regime's ban on the free movement of people from East Berlin to West Berlin and the ruthlessness of the border police in enforcing the ban have arrested the flow of refugees to freedom. Before the imposition of the ban, however, the reception of the refugees at the camps and the arrangements for their resettlement had received careful attention. The local boards and city councils in the Federal Republic of Germany had borne a share of the financial burden involved and welfare organisations had also co-operated in this stupendous effort.

As far as possible, the refugees were allowed to choose the places where they wished to settle down. One entering the main refugee camp they were asked, whether they had relatives or friends anywhere in the Federal Republic of Germany and the competent authorities took great pains to accommodate them in or near the places where the relatives or friends, if any, were living.

The refugees were distributed over the various towns in the country according to fixed quotas. Thanks to the high percentage of full employment

prevailing in the country, those who wanted to work could get jobs immediately and many firms provided living accommodation from their own resources for their new workers.

At first the refugees lived in so-called transition homes. The Rhineland town of Beuel, for instance, built a large wooden house as a transition home for refugees, a home in which 64 persons could be accommodated quite comfortably for a short time. Later on the refugees were allotted homes of their own. Halls and schools were converted into transition homes in cases of emergency, but where there was no other possibility, the halls were partitioned into separate rooms, so that the families could be assured of privacy. In order to help refugee children in acclimatising themselves in their new surroundings, welfare organisations tried to accommodate children in holiday homes for a transition period.

At such homes only a few days after a successful flight, refugee children could be seen playing with children of their own age in the parks and grounds of the holiday homes. Northrhine-Westphalia alone, the most densely populated Land (State) in the Federal Republic has offered 2,000 refugee children a holiday home through the help of welfare organisations.

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WE ENJOY OUR KINDERGARTEN

By Teh Kao

"We love our homes but it is more fun in the kindergarten." This sums up the attitude of the thousands of little tots enjoying an active and happy life in Shanghai's numerous kindergartens and nurseries. They love to sing and dance, watch or put on puppet shows, and take walks to parks and famous landmarks nearby. The older children learn the alphabet and how to do simple sums.

Many children seven years and under of China's biggest metropolis are attending nurseries and kindergartens in the city and suburbs. The majority of the child welfare institutions were established after 1958 when women in large numbers in Shanghai, as well as other cities throughout China, left the confines of the home and went in to productive work.

In the last three years 260,000 women in the city proper have entered factories and another 300,000 have found jobs in neighbourhood workshops, many of which have developed from modest one-room establishments to large enterprises putting out finished industrial products. A total of 2,000,000 women are directly engaged in socialist construction work in this city.

Many of the nurseries and kindergartens are day care institutions. The others operate on a full-time basis with children going home weekends or whenever their parents wish. These institutions are housed in the best available buildings in the various localities and are staffed by competent and responsible women, many of whom were former housewives themselves who took over child care so that other women might be released to do productive work. They have been given special training in child pedagogy, nutrition and hygiene, music and dancing by kindergarten teacher training institu-



Children at a nursery school watering flowers.

tes, near by hospitals, art, music and dancing schools, which sent competent teachers and students, doctors and nurses to give lectures and demonstrations.

The nurseries and kindergartens are supplied with nutritious food to keep the children fit. With common funds steadily increasing following the expansion of production in the neighbourhood workshops, the child welfare institutes have received

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greater financial aid and new facilities and equipment have been added.

Wang Min-chuan, director of a nursery and kindergarten in the Changchiachai District, summed it

up quite aptly when she proudly said: "Ours is a worthwhile job of freeing as many housewives as possible to take part in socialist construction and of raising the children to face their future great tasks of building socialism and communism."

What is wrong with Madras

FILTHY ROADS & POISONOUS FOOD

Every town in India certainly wants attention in one respect or another. But there are certain towns which appear to need attention in all aspects of healthy city life. Madras happens to be of the latter category.

As one walks along any road inside the town (decent roads are few), the insanitary condition in which they appear is shocking. It is astonishing still, to know that some of the wealthy classes live without murmur in these filthy localities. Few things in the heart of the city have seen a sanitary care.

Underground drainage system seems to have been long in existence. Still open gutters, unconnected to the sewer, carrying a lot of filth exist in every lane. One feels as if the gutters would never have seen the broom. Water from these flows into the street emitting foul odour absolutely obnoxious.

A grave offence against city life is the bad organisation existing in the matter of communal feeding. In towns where there is an abundance of labour population the Municipality must take very great care in getting food vending regulated by suitable rules and grant of licences. Any inattention in this respect is bound to tell upon the health of the people and epidemics will set foot making it very difficult to fight them thereafter. A picture of the food vending in the town is absolutely repulsive. The food vendors

on the roadside sitting near foul smelling drains or even urinals comfortably making the pile every evening, the hundreds of pedlars vending in open trays all types of eatables are veritable vehicles of infection. The shops lodged on the pials with hearths on the roadside preparing and vending food to people seated opposite the shop on a marshy ground with the leaves from which the people had eaten out, soaked in filthy water emitting disagreeable smell, are a category by themselves. The hotels, the restaurants appear to have vowed against cleanliness. The cramped up space, the unkept utensils give no pleasure to eat. At times it is amazing to note that even the plates lack tinning, and if one is condemned to the lot of eating from these plates we will not be surprised to hear of a death from food poisoning. No doubt all industrial towns have not so far organised canteens to feed their workers. Some have attempted such a system. Mostly the labourers and the workers are thrown to the merciless commercial food vendors who can never claim to have the sympathy for the taut nerves of the overworked to bestow care in the food they vend to them. More pitiable is the lot of those who live in a place like cities where those responsible for the city's health, do not appear to have taken steps to regulate food vending and bring them under control by licences. Other aspect needing attention are too many to catalogue. At least if these are attended to by the people at the head of administration, the citizens will have something to thank them for.

DR. ANNIE BESANT

B. Ananth Rao

1. AT THE TIME WHEN DR. Besant came to India the Indian horizon was clouded with ignorance, superstition and dead tradition. India which had been for ages a great nation, had lost its dynamic spirit. So in the whole world, the Guardians of Humanity found only one person, fit for the mighty task of awakening India to Her ancient glory, spirit and power. That was Dr. Annie Besant.

2. Dr. Besant's first task was to awaken India spiritually. This spiritualising of Indian people was done by (1) her founding the Central Hindu College and High School, (2) her issuing text books of Sanatana Dharma, (3) her own life of dedicated work, love, and wisdom, and (4) her work as President of the Theosophical Society. She looked at the Peaks of Himalayas and lifted her hands and said "Wake up, India", and the whole of India woke

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up as one Nation, the dormant spirit became a dynamic *Shakti*.

3. Her call awakened hundreds of workers, women and men, in the T. S. Lodges, National Education Schools and Colleges, and Women's Indian Associations. C. Jinarajadasa, Arundale, Upendranath Basu, Bhagawan Das, Sanjiva Rao, Gurtu and many others, were gathered round her and went to all parts of India in various capacities. Our educational awakening had its beginning in the National Education Movement inspired by Dr. Besant.

4. Dr. Besant then saw that India needed a Political Awakening. The Congress was only passing resolutions. Dr. Besant travelled throughout India founding Home Rule League branches and making Home Rule or Swaraj the battle cry of the people and thus laid the foundation of Mahatma Gandhi's Movement. She also stressed the Swadeshi Movement. She founded the most popular Daily New India. She was interned with B. P. Wadia and G. S. Arundale for her political activities, but was soon released and became the President of the Congress. Under her leadership India divided became India united. She took the Commonwealth of India Bill to the Parliament.

5. Dr. Besant started the Labour Movement with Messrs. Wadia and Shiva Rao to help her and thus began the Trade Union activities in India.

6. As a spiritual Leader she inspired thousands all over the world to dedicated living.

Her translation of the Gita is read by thousands even to this day.

Her books are meant for all time and give wisdom and inspiration. Her Spiritual Personality flowed through her words and pointed to the Ultimate Truth and Reality.

7. It would take pages to describe Dr. Besant as Mother, Woman, Leader, Mystic, Orator and Organiser. There are hundreds of facets to her mighty Character. Pandit Jawaharlal Nehru in his Autobiography mentions how he got his inspiration from Dr. Besant.

8. She was a Maker of Men. Jinarajadasa and Arundale, Rukiminidevi and N. Sri Ram, owe their inspiration and making to her. Her Vision is seen in her education of Krishnamurti, who is now recognized as an original thinker and teacher.

SPEEDING UP TRAFFIC

MEASURES TO REMOVE TRAFFIC CONGESTION

IN these columns, we have frequently stressed the importance of clearing the streets to relieve the traffic congestion caused by slow moving and waiting vehicles.

The London and Home Countries Traffic Advisory Committee have made certain recommendations to clear those obstructing vehicles off the congested streets in the City and west-end of London. The Minister of Transport has decided to take action in the matter. We list the measures to be employed by him as they will of value to our local Traffic Advisory committees.

Slow-Moving Traffic: In the years before the war, slow moving traffic was prohibited in certain streets. Regulations prohibiting slow-moving traffic is to be reintroduced from:

(a) noon to 7 p.m. on Mondays to Fridays, and from noon to 3 p.m. on Saturdays, in certain West-end streets.

(b) 9 a.m. to 11 a.m. and from 4 p.m. to 6 p.m. in certain City streets.

This Order prohibits the use of the street by mechanically-propelled vehicles having a speed of less than 8 m.p.h, horse-drawn vehicles, and vehicles propelled by hand. Slow-moving vehicles will not be permitted to enter restricted streets during prohibited hours.

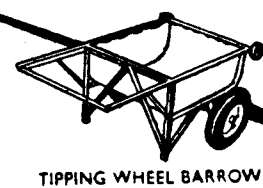
Provision will be made to enable slow-moving vehicles to cross certain restricted street at designated minor streets.

"No-Waiting" Streets: In order to speed up traffic (30 m.p.h. is aimed at) "no-waiting" restrictions will apply to a number of principal streets and to the first 40 yards of side-streets off restricted streets.

Vehicles will be allowed to stop in these streets only long enough for people to board and alight, and to load and unload personal luggage.

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TIPPING WHEEL BARROW

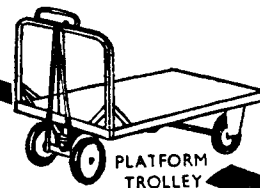


LOW LEVEL FORGE

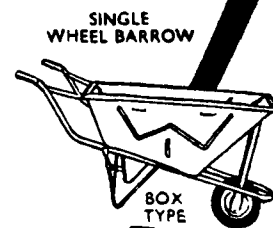
Light

Engineering

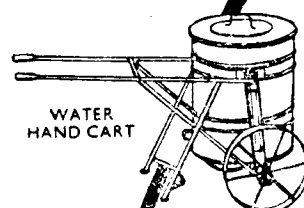
Specialities



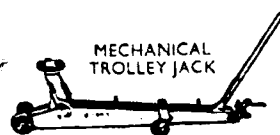
PLATFORM TROLLEY



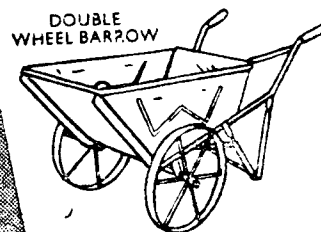
SINGLE WHEEL BARROW BOX TYPE



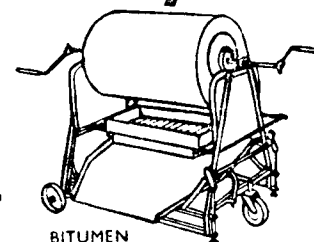
WATER HAND CART



MECHANICAL TROLLEY JACK



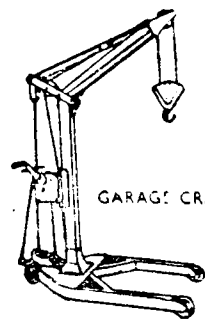
DOUBLE WHEEL BARROW



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This Order applies between 11.30 a.m. and 6.30 p.m. from Mondays to Fridays.

Taxi-cabs on hire will not be allowed to wait at the request of passengers.

Goods vehicles will be allowed to wait only while loading or unloading and, in any case, for not longer than 20 minutes.

Certain vehicles will be exempt from the "No Waiting" restrictions, e.g., those used in connection with building, the repair of streets, public service vehicles at authorised stopping places, furniture removal vehicles, etc.

If a vehicle cannot be loaded or unloaded outside the prescribed hours or the within the 20 minutes allowed an exemption may be obtained by applying 48 hours in advance to the nearest police station.

Owing to the difficulties in the supply of signs, the length of street restricted will be indicated at first by yellow bands painted on all lamp posts, and at the

end of restricted lengths yellow arrows will be painted on the kerbs pointing towards the restriction.

This scheme is experimental. If it proves satisfactory, it will be extended, otherwise some other plan will be devised.

These measures follow recent methods to fit the traffic to the streets, viz., provision of more parking places fewer right-hand turns, and more one-way streets.

The success of these experiments will depend largely upon the co-operation of vehicle drivers. A long-term remedy of a bold, broad and positive programme must follow if traffic is to be speeded up. What applies to London applies to our Indian cities as well.

A preliminary step in removing congestion from Bombay's streets must be to clear the streets of standing traffic by the provision of parking places. Street width, especially at important junctions, must not be used for this purpose; it is required for the marshalling and turning of vehicles.

A Few Boroughs in place of 32 Municipalities

By Shri Sudhir Ghosh, M.P.

NONE of the 32 municipalities of metropolitan Calcutta is financially sound and viable. It may be a good idea to lump three or four together as one metropolitan borough and thus have eight or nine boroughs. The idea is what may be called "total metropolitanism" for the comprehensive area covered by the boroughs and the core of Calcutta.

Piecemeal addition of residential suburbs without any relation to the city creates new problems and aggravates existing ones. The rational approach is to prepare a Master Plan for the metropolis region and redevelopment plan for the metropolis and fit all development programmes within this framework. This will invigorate the new life in the immediate surroundings of this city.

The plan is conceived as a series of small satellites with areas earmarked for industry and housing. A circular highway and a circular electric railway for a very fast transport system will connect these satellites with the metropolis while the river will be used for slow and bulk transport. A green belt separates industry from the transport routes and housing from industry.

The advantages of such satellite development are (a) the existing villages will not break up for the pull to the metropolis but will merge with the satellite for better aspects; (b) a rural-cum-urban environment can be created in a satellite for limited size and isolation as an intermediate environment of rural and urban; and (c) a time-distance relation within the satellite can be maintained. For occasional visits to the metropolis, the fast transport will be available. The entire area should be notified; but the satellites can be developed in stages, some through a crash programme of two years, so that the achievements in one satellite can be an incentive for the de-centralization of population to the other satellites.

LAND VALUES

While the development of these satellites in stages will not be a burden on the financial resources, the experience of the development of one satellite and the economic return from it may be successfully employed in building the others. With the gradual de-centralization of industrial population from the core of Calcutta the land value in the metropolis will be stabilized and thus it will be easier to re-develop the metropolis.

In addition to these satellites there have been various suggestions about building a new town as an extension of the city. Some people, including the West Bengal Development Corporation, suggested one south of Behala; other suggested other areas. The State Government has made it clear from time to time that it has an open mind on the subject and no final decision has been made. It is for the Chief Town Planner, Mr. Edward Echeverria, whose services have been provided by the Ford Foundation to recommend a logical and suitable area for the development of the new town. If it is decided to build such a new town and if I as an interested citizen were to make a suggestion, I would suggest the high and dry land in the triangle-Barrackpore, Barasat and Dum Dum.

However, in the planning of such a complicated and socially significant job as the redevelopment of Calcutta, it is important to ensure that the planners and architects do not run away with the bit in their mouth. It is a common temptation among planners and architects to think of such a magnificent job as a monument to themselves, Mr. Edward Echeverria is reputed to be a very competent planner and organizer; and he should be able to do a fine job, so long as he does not try out various fancy ideas (which all planners have) which are impracticable in our Indian situation.

His Delhi Master Plan was praised as a good job; but his proposal of a three-level high city for Old Delhi, consisting of the lower level for industry, the second level for commerce and the top level for residential use (a la Florence of Leonardo da Vinci) was not a very practical one. A plan must be rigorously practical and capable of implementation. Architects and planners must have humility if they are to be of real service in the people. Mr. Echeverria may care to provide himself with the advisory services of a small group of internationally reputed town-planners. Chandigarh, the only place in India where a successful town-planning job has been carried out in the last ten years (and we can be legitimately proud of it) had to employ Corbusier, Jeanneret, Maxwell Fry, Jane Drew and a band of brilliant young Indian planners and architects for a project which in magnitude and complexity is a small fraction of the Calcutta project.

SPILL CHANNELS

But no Master Plan, however well conceived, can save Calcutta unless a long-term solution is found to save the life of the Hooghly. The river is the combination of the Churni, the Jalangi and the Bhagirathi all of which are spill channels from the Ganga. Because of a definite alteration in the flow of the Ganga towards the east the three small rivers have

been reduced to mere spill channels during the rainy season. More water comes up the Hooghly from the sea than the head water flowing down from the Ganga into the Hooghly; the river bed is steadily silting up and the port cannot be kept alive indefinitely by dredging. The river is becoming a tidal basin and the degree of salinity in its water has increased to 2,480 parts per million as against 259 parts per million, which is the generally accepted drinking water tolerance.

The solution is obviously the Farakka Barage and diversion of more water from the Ganga to the Hooghly; but the successful implementation of that scheme requires an amicable settlement of an international dispute between India and Pakistan. It is very fortunate, therefore, that the World Bank is deeply interested in the Calcutta project. After all it was Mr. Black, the Bank President, who found a solution of the canal waters dispute between India and West Pakistan which baffled many for a long time. Here is another job which Mr. Black may be persuaded to do.

As already indicated, the crux of the Calcutta project is not just the collection of the necessary financial resources but the creation of the right kind of authority and the discovery of a man of exceptional ability who can be the executive director of that authority for the implementation of the vast project. One suggestion is that the Authority may be a small full-time board of directors and a General Manager to be selected by the board of directors—a public corporation in perpetual existence and with specified rights to sue and be sued, to exercise all powers for the accomplishment of the mission of the Authority, including the right to levy taxes on general property up to a limit. Alternatively, it may be possible to create not a perpetual authority but a special temporary authority, for an initial period of ten years or so, for the preparation of the Master Plan and the implementation of the basic part of it and then hand over to the reconstituted metropolitan boroughs the normal work of municipal administration and further development.

WANTED A GENERAL

It is for the State Government to decide what shape should be given to the overall authority for the development of the metropolitan area and the redevelopment of the metropolis in all their aspects. But whatever may be the details of the legal provisions for the creation of the authority, it seems clear, that a bureaucratic Government Department cannot do a job of this magnitude with the necessary speed. For the vital job of executive director it may be a good idea to take out of the Army a senior General.—*The Statesman* June 29, 1961.

HEALTH

BLOOD PRESSURE

The following lines are written for the benefit of laymen, in order to make them understand the correct significance of 'Blood Pressure.' A large number of persons die every year from apoplexy which is invariably believed to be due to the bursting of the blood vessels within the brain and even if some recover, the majority of them are crippled for life on account of partial paralysis of one side of the body. Many lay people do not know that blood pressure may signify nothing or may even be a protective measure for ensuring proper circulation of blood to the vital organs; and so long as the high blood pressure remains undetected, in the majority of cases, the subject does not feel it nor in any way feels inconvenienced by it. Most of them live long and useful lives. When by chance as for example, during life insurance examination or during examination, by a Medical Board in connection with service, the high pressure is detected, a fear creeps into their mind that they may not live long or they may die of rupture of blood-vessel in the brain. The condition now becomes transformed into an actual disease and the poor subject is now put into a regimen of strict discipline regarding his habits; exercise, diet and such others. The ordinary luxuries of life are forbidden to him. He is not allowed to take fish, meat or eggs. His allowance of salt is curtailed in addition to the total allowance of his diet. In other words, he is starved, purged and medicated with various depressant drugs. His life becomes miserable. Various ordinary ailments, such as headache, biliousness, etc., which any person can get in the ordinary course of life, are attributed to blood pressure and the sufferer, instead of getting instantaneous relief from caffeine, aspirin or a dose of opening medicine is drugged with depressor medications, mentioned above. Reeling of the head which may be due to vasomotor disturbance, anaemia or heart disease is also frequently attributed to the same condition and the same depressor drugs are resorted to, sometimes with disastrous consequences. It is difficult even for intelligent patients to differentiate the causation of symptoms and a constant attempt to lower the blood pressure may lead to neurasthenia, loss of weight, loss of appetite and such others. The dangers of unnecessarily reducing

the blood pressure below the safe limit is not understood by lay people, hence many persons suffering from high blood pressure court the very catastrophe by their own actions, which they seek to avoid. It may not be known to the lay people that the attack of sudden unconsciousness which is known commonly by the name of apoplexy may be due either to bursting of the blood vessels in the brain or due to clotting of blood in it. The lowering of blood pressure predisposes to the latter catastrophe and in these cases, high blood pressure is exerting beneficial effect in averting clotting in the vessels of the brain. If the vessels of the kidneys are diseased and their lumina become constricted, proper filtration of urine can only be maintained by blood pressure higher than normal. There is another part of the kidneys, where sugar and some other constituents of the urine are reabsorbed. Here also some amount of blood pressure is necessary to perform its proper function. A large amount of fluid is also reabsorbed from this part so that the waste products of the body like urea, uric acid and such others are concentrated when urine is excreted out of the body. The pressure gradient falls in the arteries when they pass from the filtration part to the part where reabsorption takes place and if there is no sufficient pressure in the latter, it failure of the function of the kidneys takes place leading to uraemia and coma.

THE CIRCULATORY SYSTEM

The circulatory system is composed of a pumping organ and elastic tubings through which blood is pumped out and the collecting tubes or veins through which the blood returns to the heart again. The elastic tubings which are called arteries branch out into smaller and smaller vessels, till they open out into vast numbers of capillaries which are distributed to all the different parts of the human body including important organs like kidneys, heart, brain, liver, spleen and such others, all performing different functions inherent with the vital activity of the body as a whole. It is in the capillary areas where the most important functions of tissue respirator and exchange of metabolites take place by supplying oxygen and

nourishment in the various tissue cells and collecting carbon dioxide and other waste products from those cells. The blood of the capillaries is collected again into venules, whence they proceed through the veins towards the heart.

The arteries are of two types. Those which are near the heart like aorta and big branches are very elastic and are mainly composed of elastic tissues, whereas the smaller branches become more and more muscular up to the minutest branches which are known as arterioles. The arterioles are controlled by vasomotor nerves, by which they can be contracted or dilated according to the needs of the different organs.

The total quantity of blood in an average healthy person is 1/20 of the total weight of his body of which 78 per cent is fluid and 22 per cent is solid. If all the capillaries are opened up, the total quantity of blood will be accommodated in the capillaries, which are miles and miles in length, and there will be nothing left for the heart and the big arteries to be filled up and the animal dies of failure of circulation.

In ordinary conditions of health, the volume of blood is more than sufficient for the heart and arteries so that the walls of the arteries have to be stretched out to a certain extent to accommodate this larger volume of blood. Suppose the calibre of a particular vessel is half c. cm., under pressure of a larger volume of blood, it is stretched three quarter to c. cm. The pressure or the force of the volume of blood which keeps this particular hypothetical artery constantly, stretched by quarter c. cm. is known as the diastolic pressure. This diastolic pressure is remarkably constant for each individual artery. Ordinarily, artery of the upper arm is selected for estimating blood pressure. Normally the diastolic pressure of the artery in a young man of 20 years of age is 80 mm Hg.

Now when an additional volume of blood is propelled into the arterial system, by the contraction of the heart, the first part of aorta, which is extremely elastic, becomes stretched out or dilated, and then an elastic recoil of this portion takes place, the next segment of the artery becomes stretched out again and so a wave of extension and relaxation of arteries travel throughout the arterial system till they reach the capillary areas where the pulse wave is lost. This extra distension of the lumen of the arteries due to the forcible propulsion of a volume of blood into

the arterial system followed by elastic recoil of the arterial wall is known as pulsation and is due to what is known as pulse-pressure. The systolic pressure means the total pressure caused by diastolic and pulse pressure.

NORMAL BLOOD PRESSURE

Average normal systolic pressure in early adult life is from 120 to 130 mm.Hg. Standard systolic pressure is calculated by adding one fifth of the age to 120 to 130 mm. Hg upto the age of 60 years, so that at the age of 50 or 60, a reading of 150 or 160 mm. Hg, is not abnormal. The prevailing idea is that a blood pressure persistently higher than 160 mm.Hg. is to be regarded as high blood pressure. But no sharp line of demarcation can be drawn between normal and pathologic increase in the blood pressure. According to Frita Lange of Munich blood pressure of 170 mm.Hg. or above can occur normally. Saller is of opinion that even figures as high as 210 mm. Hg are still within the physiologic range of variations.

The more reliable figure is diastolic pressure which is 80 mm.Hg. in young adult and the normal upper limit is 100 mm. Hg.

A diastolic pressure higher than 100 mm. Hg. can be regarded as a high blood pressure in a young adult between 20 and 30 years of age, when it is more or less permanent. An increase of 1 mm. for every 5 years can be allowed from 30 to 60 years.

VARIATION IN ARTERIAL PRESSURE

The rise and fall of normal systolic pressure depends on the strength of the heart muscle, the elasticity of the arteries and the volume of blood circulating in the arteries are important factors in determining the blood pressure. The maintenance of blood pressure is essential for proper function of the circulatory system as without the head of pressure necessary for the propulsion of the blood through arteries to the vast capillary area, and back into the heart through the veins the tissue respiration, nourishment of the body, and elimination of waste products would have been impossible. The importance of the condition of the heart muscle cannot be overestimated for on its healthy condition depends the optimum output of the blood or the head of

energy. The distribution of this energy or volume of freshly oxygenated blood through the arteries to the tissues depends on the vasomotor regulating system by which the varying local needs of different organs and tissues are taken into account. In the irrigation system of the lands, the head of the water is in the river from which the irrigation of vast areas of land are controlled by sluice gates and local taps, so that only those canals which are needed for irrigation of limited required areas are opened up while others are kept closed. In the same way, the varying needs of different organs and tissues are satisfied under vasomotor control which can relax or constrict the arteries of an area according to its special needs.

So long as these influences are exerted locally maintaining due balance of each, there is no change in the blood pressure either systolic or diastolic. A disturbance is usually associated with a high or low blood pressure as the case may be. Besides these, there are several glands in the body, the internal secretions of which have a marked influence on the condition of the peripheral arterioles. Ordinarily, a functional harmony prevails in the functions of these glands so long as they are healthy, but if from any reason the function of one or more glands is disturbed resulting in hypersecretion or hyposecretion of their products, a general vaso-constriction or vasodilatation is produced raising or lowering the blood pressure. During the climacteric of women, the disfunction of sexual glands may produce a remarkable vasomotor instability or ataxia causing sudden rise or fall of blood pressure. Animal experiments suggest that constriction of renal artery produces ischemia, or diminished blood supply of kidney; ischemic kidney secretes hypothetical "pressor substance" that cause permanent hypertension. Though the vasomotor nerves regulate the tone of vessels under ordinary circumstances for maintaining the different functions of the body, the rise of blood pressure is due to general vaso-constriction as a result of some chemical factor circulating in the blood and not due to increase in vasomotor tone.

PROGNOSIS OF BLOOD PRESSURE

The condition of the muscle of the heart and the elasticity of the arteries are most important factors in the prognosis of blood pressure. The rise of blood

pressure is associated with increased load on the heart and if there is a general loss of elasticity of the arteries and if the coronary arteries supplying the heart muscle is involved diminishing its nourishment in cases of stress and strain to which it is subjected during the ordinary avocation of one's life, the heart gradually yields to the load and dilatation of its left cavity is followed by compensatory thickening. The result of thickening is the propulsion of a greater volume of blood during each stroke, producing more strain on the wall of the arteries which first dilates and then thickens as a compensatory measure. They lose some of their elasticity. The injury to muscular layer produces irritability resulting in spasms from slightest stimulations, that violent fluctuation of blood pressure may take place.

Again in many cases of high blood pressure the arterial walls are healthy and normal in spite of their being subjected to higher strain and their hearts are also of normal size. In cases of pure form of high blood pressure, the kidneys also exhibit no change whatsoever. These persons live long and useful lives. But in a large percentage of cases of high blood pressure, the rise of blood pressure is due to diseased kidneys and in which their function cannot be maintained unless the filtration pressure is raised. In these cases, the high blood pressure is protective and if we try to diminish it, fatal uraemia may supervene. In these cases attempt should be made to remove the cause, by an effort to restore the normal function of the kidneys. In certain cases, there is a local constriction of vessels supplying certain areas of brain and the heart and unless the blood pressure is raised, the circulation in these areas is hampered. An injudicious attempt to diminish the blood pressure is frequently followed by decreased current in the flow of the blood through the vessels of the brain, or the heart favouring clotting or thrombosis followed by either paralysis of one side of the body or sudden heart failure. It is not known to many that out of all apoplectic seizures in high blood pressure cases, nearly 80 per cent are due to thrombosis, from lowered circulation in these vessels of the brain. In many cases, the lowered circulation is the deliberate result of medication by overzealous patients. There is another kind of comatose attack associated with high blood pressure, known as hypertensive encephalopathy, in which a man is suddenly

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seized with convulsion and coma. This is not associated with paralysis of one side of the body. Here nearest medical aid should be quickly sought, as otherwise the patient dies.

Now regarding the bursting of brain vessels, although high blood pressure is associated with it, especially from a sudden catastrophic rise, as occurs in straining at stool, violent cough, fits of temper and such others, modern pathologists take an entirely different view. High blood pressure alone cannot rupture the cerebral vessels. People generally think that blood pressure above mm. Hg. is dangerous condition, but Fishbarg found that a pressure of 1250 mm. Hg. could rupture only 2 out of 30 cerebral vessels in a cadavre. I have seen at least fifty persons with systolic pressure above 240 mm. Hg. who were keeping exceptionally fit and strong without any change in the size of the heart or in the blood vessels. On the other hand I have seen several haemorrhages in the brain in patients with systolic pressure of 150 mm. Hg. or even less. The association of haemorrhage with straining during defecation, is also misunderstood, for defecation is rather a symptom and not a cause. The patient gets a sudden and severe headache and then passes stool and quickly lapses into unconsciousness. Others get into violent outburst of temper and then fall down unconscious. These are symptoms of apoplexy and not the immediate cause of apoplexy.

HIGH BLOOD PRESSURE IS NOT ALWAYS DANGEROUS

It must be understood that high blood pressure is not always a dangerous condition and in majority of cases a necessary evil. It is rather good to the patient, if he remains in blissful ignorance. So long as high blood pressure is without any signs or symptoms, one need not take a serious view of it. Among the more common symptoms which are attributes to it is forgetfulness, especially, of the names of persons or cities. Sometimes mistake in speech occurs and words are misfitted. But according to Sigmund Freud, these symptoms may occur without any rise of blood pressure and explanations are given in his book *Psychopathology in Everybody Life*. In cases which are complicated by kidney diseases or by arteriosclerosis, subjective complaints of functional charac-

ter may be made. In many cases, however, there are manifestations of local disorder of vascular supply of the brain. It has been seen that in hypertonia, blood vessels both in the internal organs and peripheral regions of the body respond more readily to stimulation than do normal vessels in the absence of high blood pressure. More serious symptoms are headache, throbbing, sudden heat flushes, palpitation, pain in the region of the heart, dead fingers and such others, most of which can be explained. Then there may be attacks of temporary paralysis, disturbance of vision and lameness known as intermittent claudication. The complaints are dependent on the variations of pressure owing to hypersensibility of the various vascular regions to stimuli exciting abrupt and excessive contraction or dilatation of the larger vessels and by obstructing the function of the small vessels. Still more serious manifestation is cerebral asthma, which is ushered in by hurried and deep breathing caused by sudden vaso-constriction of respiratory centre. It begins with a sudden increase of blood pressure. In these cases, a physician should be consulted and treatment should be directed towards relieving the symptoms and removing the cause, if possible. Beyond this it is not advisable to go.

It has been mentioned that high blood pressure itself is not dangerous, for 20 to 25 times the normal pressure will not rupture the cerebral vessels. Persons with high blood pressure need not worry about their condition, for out of several types of high blood pressure, only one type is serious but fortunately it is a rare condition. This type is known as the malignant variety of essential hypertension, which is usually associated with retinal haemorrhage, epistaxis and such other haemorrhagic manifestations. These are dangerous and end mostly in uraemia or cerebral haemorrhage. Otherwise with certain reservations regarding habit and dietary let them not care a two pence for the melody but sing melodies in the words of Khare and carry out their normal avocations.

LOW BLOOD PRESSURE

Thousands of people go to their doctors for treatment of low blood pressure. They are usually quite disturbed about it. They watch the doctor carefully as he observes the column of mercury.

Before you have the opportunity to remove the cuff from the arm, the patient will say: "Still pretty low, isn't it Doctor?" Often such patients say that they have been taking tonics and vitamin preparations for months in an attempt to raise it.

You should know that your chance for good health and longevity is enhanced by your having low blood pressure. That is borne out by statistics.

If your doctor can rule out coronary heart disease, Addison's disease, tuberculosis, and a few other maladies which usually produce symptoms so marked that the question of low blood pressure takes a secondary role—then be thankful that you have a blood pressure that is on the low side rather than on the high or even the so-called normal plane.

HIGH BLOOD PRESSURE

Then there is high blood pressure. If the patient knows that he has had this condition for some time you can sense his fear as you examine him.

So much has been said and written about its dangers that here we have the person with the perfect vicious circle—one who worries greatly and thus aggravates his pressure, and one whose pressure in

turn causes him to worry more. And so the condition leads on itself.

This patient will also watch you closely while you are taking his pressure reading. There is more fear in his face than in that of the fellow with the low pressure. He grows a few days older right there under your eyes—in the few moments it takes to remove the stethoscope and reassure him that his pressure isn't any higher than it was a few weeks ago.

High blood pressure isn't an innocuous condition. I would be the last to attempt to laugh it off, to say forget it. Admittedly it is sufficiently important to take care of. But the general fallacy is that a drop from two hundred to one hundred and ninety is something to run home and celebrate; and, conversely, that a ten-point rise in milli-meters is a presage of impending doom.

You might take this down as good rule: under ordinary conditions it will make little difference to your health if you leave your low pressure low, and better leave it to a doctor to judge if your high pressure is getting out of bounds.

And forget that your blood pressure should be one hundred plus your age. This, too, is foolish fancy.

MR. GIRI CALLS FOR NEW MUNICIPAL RAJ

Mr. Giri, Kerala Governor who was inaugurating the seventh meeting of the Central Council of Local self-Government, also said it was time they perfected the system of municipal raj as a fitting counterpart to panchayat raj to make the edifice of local self-Government well balanced.

In view of the fact that elected leaders of panchayats were in most cases inexperienced and that there were instances of leakage of panchayat funds the Government should exercise greater vigilance over panchayat administration. While maintaining the autonomy of panchayats, they must prevent the misuse of power by those in charge of them.

Worse than even communalism and factionalism which marked village elections was the prevalence of total apathy. It was true that people at the village level had not fully identified themselves with panchayat administration or with development schemes.

This was the legacy of the past. He was sure it was a passing phase.

He said democratic decentralisation had to keep pace in municipalities as in panchayats. The tempo had to be even quicker since the urban sector might clamour for more civic amenities under the impact of problems like overcrowding, housing, health and sanitation, industrial bazards and the like. In this connexion, he pleaded for augmenting considerably the meagre resources of the municipalities.

The Governor quoted the example of local bodies in the United Kingdom, which he said, commanded large resources from local taxation and Government contribution, with powers to raise loans as well. The budgetary policy of the municipalities in India called for a thorough reorientation conducive to the adequate strengthening of their finances for the secret of success of local administration, greatly depended on this.

While the Governor was of the view that it was too early to judge the success of the new experiment of panchayat raj, he said the results were generally encouraging. At the same time, he said they had to face some serious lacunae in the working of the panchayats which had come to their notice. This certainly demanded that greater vigilance had to be exercised on the part of the Government over the administration of the panchayats.

Water Supply

Mr. D. P. Karmarkar, Union Minister for Health, told the Central Council that the biggest challenge

in the field of health facing them now was the provision of water supply and sewerage facilities in all urban areas in the quickest possible manner.

"It is imperative for State Governments to pursue certain essential measures to meet this challenge", he said.

The drawing up of a superiority list for schemes to be taken up was a basic necessity, he said. He suggested the setting up of an independent public health engineering department in each state, improving and expending financial resources for implementing the programmes; setting up of regional water and sewerage boards and the tapping of additional resources to the extent feasible.

FAMILY PLANNING CONFERENCE IN LONDON

NEW CONTROL METHODS DISCUSSED

When children are born only at the considered wish of their parents, it will be "a revolution with more far-reaching effects upon the Pattern of human culture than the discovery of atomic energy". This belief was expressed by Sir Russell Brain, chairman of Britain's Family Planning Association (FPA), at the two-day annual meeting of the association which concluded in London.

Among the 790 delegates, representing 16 countries was Mrs. S. K. Anand, from India, who is studying social science in London.

New opportunities, said Sir Russell, were emerging from the rapidly developing knowledge of non-mechanical methods of contraception. Twenty-five new family-planning clinics were opened last year in Britain, bringing the total to 340.

ORAL CONTRACEPTIVES

The delegates heard encouraging reports on the success of trials of oral contraceptives at Birmingham and Slough, where the first volunteers have been taking the pills. The undesirable side-effects of the pills were being eliminated and many patients reported better health and happier marital relations.

Dr. Eleanor Mears, medical secretary of FPA, reported that most women at the end of the controlled trials wished to continue with the pills in preference to other forms of contraception. The present cost was about 17sh. a month, but as soon as the

tests were completed and the pills generally manufactured, the price would be much lower.

New tests involving 100 married women were being started in London.

CHEMICAL METHOD

Among the possible future methods of birth control discussed was that of selective chemical control of male fertility. For this work on this subject Dr. Harold Jackson, of the department of experimental chemotherapy at the Christie Hospital and the Holt Radium Institute, has been awarded the Oliver Bird Prize for 1960. Dr. Jackson has been investigating the actions of a group of chemical compounds on the male reproductive system. His experiments with rats were reported to be 100 per cent. successful, and the anti-fertility effects were fully reversible.

Throughout the two-day meeting, it was emphasized that EPA, which is in constant touch with sister organizations all over the world, was concerned with the welfare of the family as a whole. Mrs. Peter Medawar, a member of the association's national executive, pointed out that the opening of new clinics had not led to a lowered birth-rate in Britain, as many of its critics had feared. The number of births in 1959 was as high as at any time since 1945. The pattern was, she said, "towards smaller families of wanted children".

TRAFFIC PROBLEMS

Preventing Road Mishaps

Dr. A. Lakshmanaswami Mudaliar, recommending to Government to constitute a committee to consider the best methods of preventing, as far as possible, accidents caused by motor vehicular traffic on the roads of big cities and on highways.

The terms of reference to such a committee, the resolution said should include the long-term and short-term suggestions, taking in view the certainty of an increasing number of motor vehicles being utilised and the greater amount of congestion that would be inevitable both on the high ways as well as in cities and villages.

Moving the resolution, Dr. Lakshmanaswami Mudaliar said that by and large traffic accidents occurred because of the lack of adequate precautions. He said that the resolution was not a censure motion because he was aware of the heroic efforts being taken by the police to prevent accidents and also the steps being taken by Government to widen the Mount Road.

Analysing the causes for traffic accidents, he said that so far as Madras City was concerned there was practically no road sense among the pedestrians. As regards vehicular traffic there should be artificial methods of checking their speed. Sign-boards of "Stop, Listen and Proceed" in Tamil should be put up at all important roads. Four-track ways should be provided on Mount Road to avoid traffic congestion. Motor vehicles passing along the road should queue up.

The mover said he could not understand why Government transport buses should be exempted from police control. Why should not the police deal with Government bus drivers as they deal with the other drivers, he asked.

Pedestrians should not be allowed to cross the road at all points nor to work on the road but on footpaths, he said.

LAYING OF NEW ROADS

A sum of Rs. 29.6 crores recently sanctioned by the International Development Association for improving of communications in India is likely to be used for laying of road in the crowded areas of the country.

Dr. Subbaroyan, Union Minister for Transport, giving this information to-day in an interview instanced in this connection, the case of Calcutta-Durgapur Highway. He added that the question of

CAR PARKING

He objected to the parking of cars on the roadside for hours together and suggested that Government should levy a fee for such parking of cars to discourage that habit. He stressed the need for public garages to park the cars without obstructing the regular traffic.

Dr. Mudaliar regretted that no scientific method of testing the capacity of drivers had been evolved in the country. He suggested that Government should send a deputation of highway engineers abroad to study the modern methods of preventing traffic accidents.

Most of the lorries that plied on the road were overloaded and they capsized at the slightest disturbance of equilibrium. The weight of the lorries should be checked on the road as was done in other countries.

Dr. Mudaliar said the highways were not satisfactory with many dangerous pit-falls. Parallel high ways should be constructed and the highways should be 50 to 100 feet broad. Bridges should be reconstructed and expanded to cope with the increasing heavy traffic. National highways should not run across cities or villages.

Dr. Mudaliar also referred to the need for separate cycle path on roads, and the need to control the speed limit of all cars and lorries within city limits.

In order to cope up with the ever-increasing traffic, motorists, he said, should not park their car on the road for hours together. Government should create car parks by buying old buildings and demolishing them. He said that road repairs should be carried out only during nights and huge trailers should not be allowed to pass through the city during day time. He felt that a comprehensive scheme of road development was necessary.

constructing "Expressways" modelled on 'Autobahn' of Germany would also be considered in this connection.

The Minister said production in the Teleprint Factory in Guindy might ultimately be stepped up nearly to 5,000 units a year to meet the country demand. The Government of Madras had agreed to give an additional acreage of 20 adjoining the present factory site for future expansion, he added.

Teachings of Mahatma Gandhi

Here are few gems from the treasure chest of Mahatma Gandhi's writings which have become invaluable and sacred as scriptures and which should be taken to heart and put into practice as far as possible to remember him throughout our lives.

DIFFERENCES of opinion should never mean hostility. If they did, my wife and I would have been sworn enemies. I do not know any two persons who had no differences of opinion but as I am a follower of the Gita, I have always attempted to regard those who differ from me with the same affection as I have for my nearest and dearest.

I am so conscious of the imperfections of the species to which I belong to be irritated by any member there of. My remedy is to deal with wrong wherever I see it, not to hurt the wrong doer, even as I would not like to be hurt for the wrongs I continually do.

I claim to be a votary of Truth from my childhood. It was the most natural thing for me. My prayerful search gave me the revealing maxim "Truth is God" instead of the usual one "God is Truth". That maxim enables me to see God face to face as it were. I feel Him pervade every fibre of my being.

If we could erase the 'I's and 'Mine's' from religion, politics, economics etc., we shall soon be free and bring heaven upon earth.

The chief value of Hinduism lies in holding the actual belief that All Life (not only human beings, but all sentient beings) is one. That is all life comes from the one Universal Source, call it God or Parameshwara.

My Hinduism is not sectarian. It includes all that I know to be best in Islam, Christianity, Buddhism and Zoroastrianism Truth is my religion and ahimsa is the only way of its realisation. I have rejected once and for all the doctrine of the sword.

What does Jesus mean to me? To me, He was one of the greatest teachers humanity has ever had. To his believers, He was God's only begotten son. Could the fact that I do or do not accept this belief make Jesus have any more or less influence in my life? Is all the grandeur of His teaching and of His doctrine to be forbidden to me? I cannot believe so.

Islam's distinctive contribution to India's national culture is the unadulterated belief in the oneness of

God and a practical application of the truth of the brotherhood of Man for those who are nominally within its fold.

Fearlessness is the first requisite of spirituality. Cowards can never be moral. Where there is fear there is no religion.

In this country of self suppression and timidity, almost bordering on cowardice, we cannot have too much bravery that will mount the gallows without injury, or harbouring any thought of injury to a single soul.

Hindu-Muslim unity is my fourth love. But so far as any visible manifestation is concerned, I have owned defeat on that score. Let not the public assume therefrom that I am inactive. If not during my life, I know that after my death both Hindus and Muslims will bear witness that I have never ceased to yearn for communal peace.

Non-violence to be a creed has to be all pervasive. I cannot be non-violent about one activity of mine and violent about others. That would be a policy, not a lifeforce..... But I have resisted most pressing invitations to express my opinion and give a lead to the country. Self-suppression is often necessary in the interest of truth and non-violence. If India had as nation embodied the creed of non-violence, corporate or national, I should have had no hesitation in giving the lead. But, in spite of a certain hold I have on the millions of this country, I know the very glaring limitations of that hold.

India has an unbroken tradition of non-violence from times immemorial. But at no time in her ancient history so far as I know it, has it had complete non-violence in action pervading the whole land. Nevertheless, it is my unshakable belief that that her destiny is to deliver the message of non violence to the world. It may take ages to come to fruition. But so far as I can judge, no other country will precede her in the fulfilment of that mission.

Let me lay down five simple axioms of non-violence as I know it:

- (1) Non-violence implies as complete self-purification as humanly possible.
- (2) Man for man the strength of non-violence is in exact proportion to the ability, not the will, of the non-violent person to inflict violence.
- (3) Non-violence is without exception superior to violence, i.e., the power at the disposal of

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non-violent person is always greater than he would have if he was violent.

- (4) There is no such thing as defeat in non-violence. The end of violence is surest defeat.

- (5) The ultimate end of non-violence is surest victory—if such a term may be used of non-violence. In reality where there is no sense of defeat, there is no sense of victory.

SIMPLIFIED HIGHWAY CODE FOR DEAF CHILDREN

The National Institute for the Deaf has prepared a special version of Britain's Highway Code which is to be sent free to every deaf and partially deaf child in the country. The institute has adopted this policy because the deaf child's understanding of words tends to be limited to one meaning.

The idea originated with Sergeant W. A. Johnston, of the Aberdeen (Scotland) city police. He found that the children to whom he was teaching road safety at the Aberdeen school for the Deaf had no conception, for example, of how they could "hug the middle of the

road". The more he studied the code, the more examples of ambiguity became apparent.

So he rewrote the official version in terms that would leave no doubt in the minds of the children. And to make the safety hints even easier to grasp, he interspersed the text with pictures.

Now the institute has taken up the sergeant's idea officially, and the specially prepared booklet—to which the British Minister of Transport has written a foreword—is being launched this month.

CAUSES OF ROAD ACCIDENTS

At a recent All-Australian Safety Convention in Adelaide, the Acting Commonwealth Director of Road Transport, Mr. Deacon, said that there was a rising accident toll on the roads throughout Australia.

Some reasons for the increase in the number of accidents were given by Mr. Deacon as follow:—

Lifting of the 30-mile speed limit imposed by National Security Regulations during the war.

Many motor vehicles were in poor condition because of material shortages and restrictions, especially the shortage of tyres.

Many drivers were out of practice and lacked good sense and courtesy.

Mr. Deacon said he thought uniformity of traffic procedure throughout Australia would be a great help in the interests of safety.

Inspector Morris, of the Victorian Police, was emphatic that the greatest potential killer on the road was without doubt the drunken motorist. "A drunken driver showed recklessness caused by the liquor consumed, which placed the life of every road user in jeopardy," he said.

Mr. Morris added that despite the number of convictions of Persons driving while under the influence of liquor, it was apparent that fines were not a sufficient deterrent. He said that cancellation of a licence for a period should be imposed for a first offence and that no motorist who had been convicted twice should ever be allowed to hold a licence again.

IMPROVEMENT TO CITY ROADS

Council Sanctions 25-lakh Scheme

Madras, Aug. 11.—The City Council today sanctioned a Rs. 25-lakh scheme for the improvement of city roads on routes other than Mount Road and Poonamallee High Road. Mr. Selvaraj, Deputy Mayor, presided.

The Council passed a resolution requesting the Government to permit the Corporation to overdraw

from its bankers to an extent of Rs. 60 lakhs and also to permit temporary diversion from the earmarked funds to the extent of Rs. 80 lakhs.

The Council records noted Government's order stopping from 1960-61 the annual grant of Rs. 32,000 to the Corporation for the maintenance of Mount Road and Poonamallee High Road.

Nine Rules

Nine rules for a long life have been drawn up by doctors from seven nations who attended a "Longevity Congress" sometime ago at Vittel in France. Here they are :—

1 — Everyone reaching the age of 50, even if they feel well should have their hearts examined by a specialist.

2 — Everyone should be examined by a doctor six months after recovering from any serious illness, even if they feel perfectly well make sure the illness, has not left them with possible concealed ill-effects, such as cancer.

3 — Have a good family doctor and have entire confidence in him, particularly if he has known you since your birth. His word should be accepted first and the "influence of state medicine should merely be a complement to the family doctor."

4 — Mental happiness is one of the biggest factors in longevity. It has been found that generously inclined people live longer than other persons and that people with children and grand children who are always trying to help their descendants tend to live longer than other persons.

5 — If you have been used to working hard all your life up to the age of 50, try to continue to work your later years. But make sure before hand that your occupation is suited to your capacity.

6 — Don't rely on last-minute efforts to prolong your life. It is necessary to build the foundations of longevity when you are young.

7 — Don't attach importance to stories claiming that you can live longer than other people if you have a "change of air."

8 — Don't believe the old saying that because many members of your family have lived to a great age you also are certain to live to a great age.

9 — It is worth while to pay attention to the way of living and thinking of certain Oriental peoples. The oriental idea of seeking and longevity and happiness by contemplating of nature in solitude and by achieving serenity of outlook warrant close investigation by Western peoples.

FOR A LONG LIFE