Revenue (1897) Department.

PRESS SERIES.

G.O., No. 627

DATED 26th July

[Despatch Abstract.]

Ration.

Cumming, with remarks, to the Board of Rev. Letter from the Sanitary Commr reporting on the Ganjam Collector's proposal to make certain alterations in the quantity of certain articles in the — prescribed in section 122 of the Famine Code.

BACK PAPERS.

G.O.	No.	Department.	Date.	G.O.	No.	Department.	Date.

FURTHER PAPERS.

G.O.	No.	Department.	Date.	G.O.	No.	Department.	Date.

Revenue (1897) Department.

CURRENT No. 4749

The Hon: Mr. Erole C.S.
H.E. the Governor

GOVERNMENT OF MADRAS
15 JUN 97

This letter shd be communicated to the Bd with the remark that the increase of the salt ~~[illegible]~~ combined with a decrease of chillies is approved.

With regard to the proportion in wt rice & ragi shd be used the Bd has been told to make further inquiries.

JG 10/6/97

From The Sanitary Commission for Madras

For Orders

1. I concur with the above note.
2. It might be added that in kitchens care should be taken to grind the ragi finely, as is done in the jails.

A.H. 14.6.97

No. 1185/S

The Sanitary Commr furnishes his opinion on the two points referred to him in para 2 of G.O. 366/20-5-97

Dated 1st June 1897

Received 5.6.97

Registered

Enclosures

Spare copies

2. Irritating effects of a ragi diet. Ragi properly prepared, (husked by pounding, cleaned, ground, and sifted before cooking), as it is in jails and in most parts of the country, has no irritating effects. In Ganjam it appears to be only pounded, and the habit of making fermented ragi Conjee overnight for use in the morning makes matters worse and has apparently led to the belief that a sole ragi diet produces irritation of the intestines. It is difficult to make the common people ~~to~~

SUBJECT

Submits remarks on G.O. No. 366 dated 20th May 1897 ruling that further evidence should be secured to justify the adoption of half rice and half raggi for calculating relief wages in Ganjam.

C 10/6/97

abandon methods of preparation and cooking which they have been accustomed to for generations and it is therefore best to adopt as the standard the mixture of rice and ragi which they have found by experience to be wholesome. As regards kitchen rations there is no reason why a sole ragi diet should not be adopted, as the preparation and cooking of the grain is under the control of Govt officers.

3. Substitution of an additional quarter tola of salt for an equal quantity of chillis in the ration of section 122. The Sanitary Commr says that there is no objections to this.

With reference to H.E.'s remark on the note for orders in G.O. 366 / 20-5-97 orders are solicited as to whether the above change in the ration should be reported to the Govt of India. This ration was not prescribed by the Gof I but has been adopted from the old Madras Code; and considering that the change involves no increase of cost it is perhaps unnecessary to trouble the Gof I

RS
9-6-97

Quite unnecessary.
A.H.
14.6.97

BACK PAPERS.

G.O.	No.	Department.	Date.

FURTHER PAPERS.

G.O.	No.	Department.	Date.

No. 1185/S

OFFICE OF SANITARY COMMISSIONER,
Fort St. George, 1st June 1897.

From

SURGEON-LIEUT.-COL. W. G. KING, M.B., C.M., D.P.H.,
SANITARY COMMISSIONER FOR MADRAS,

To

THE Secretary to Government,
Revenue Department.

Enclosure.

Sir,

With reference to G.O. No. 366 dated 20th May 1897, I have the honor to state that there is no reason to believe that raggi if properly prepared is irritating to the intestines. The methods of preparing raggi, however, differ in various parts of the country, and it is conceivable that in localities where common experience dictates that a diet of raggi is irritating unusually rough modes of preparation are employed. The mere fact of it being customary in some parts to combine the raggi with rice points to this conclusion — the habit evidently having been evolved with the object of securing less juxtaposition of the indigestible particles formed partly of husk and the grain envelopes, by a mixture presenting less uniformly irritating surfaces during passage through the intestines. In the case of Tanjam, the habit of making fermented raggi "Kanji" overnight

overnight for morning use seems the real disturbing factor; the occasional use of morning remnants having probably evolved the opinion that raggi twice daily is unwholesome. I need not remind Government that raggi is used with perfect success in the Jails of the Presidency, but that there is no grain more treacherous, in that careless preparation at once exhibits itself in its effects on prisoners by conducing to catarrhal inflammation of the intestine. It being impossible to teach persons who have followed such and such a method of preparation of the grain for generations to forsake it for another in the midst of the emergency of a famine, the course adopted by Government is the only safe one that can be pursued, that is, to rely upon local officers stating definitely what the habit of the labouring poor is, and to meet that requirement.

2. The remarks made by me above apply to the question of fixing the proportions of raggi and rice for calculating the famine ration. Where, however, the question of feeding in Kitchens is concerned, and where, consequently, the preparation of the ration is under the control of those in charge, there seems no reason why the method of preparation pursued in the district, if it be such as to lead to intestinal disturbance, should be maintained. Thus, Mr Taylor speaks of the raggi being "pounded", whereas in Jails, and in most parts of the country, the raggi is subjected to cleaning, husking by pounding, grinding, and sifting. This system could be readily introduced as a part of Kitchen management, when there could be no reason to suppose that the raggi would be irritating, in the case of persons accustomed to the use of the grain crudely prepared for one meal if they used it for two meals when carefully prepared, especially if fermentation be not allowed. In the presence of the fact that, as now employed, irritation followed the consumption of raggi, the advice of the Civil Apothecary to make a combination of rice with the raggi was sound, seeing that an unhealthy condition of the intestinal secretions gives the cholera microbe, if swallowed, more chances of survival.

3. In respect to the question of increasing the ration of salt by 1/4 tolah, I consider no objection can be raised thereto. The salt allowed is sufficient for physiological purposes provided really clean salt is used — and the question is simply one of palatability in respect to the large amount of somewhat flavourless grain employed. Neither can there be any objection to the amount of chillies being varied, if the custom of the district dictates that the amount is large.

Habits

Habits differ enormously as to consumption of chillies; thus, a Deccan male ryot would hold that the amount is absolutely insufficient. The object fulfilled by the chillies being simply that of condiments proper, that is, the stimulation of the digestive secretions, habit may be looked upon as a correct guide; but I would deprecate the ~~amount of~~ tamarind being interfered with, unless the amount was found to be absolutely repugnant to the people, as it represents the only vegetable acids available in the diet. Similarly, the pulse should not be interfered with, as it represents the main source of the albuminoids in the diet. If, however, again custom dictates this is too much, the Collector should be reminded that, so far as kitchen relief is concerned, as the Famine Code simply prescribes "pulse", this part of the ration is susceptible of considerable variation. For example, in addition to yellow dhal the occasional serving, as part of the whole amount of pulse, of well cooked "anumula" (lablab vulgaris) would be looked upon as a luxury in some parts of the country through usually cheaper than yellow dhal, whilst its nutritious properties are higher.

I have the honor to be,

Sir,

Your most obedient servant,

[signature]

Surg Lieut Col

Sanitary Commr for Madras

D/4 1,000—8-4-97.

REVENUE DEPARTMENT.

C No. 4749, 6218 and D. 154

From

Dated 189 .

FOR ORDERS.

x Fg A

Please see H. E's note on 4749. The Hon: Sir H. Bliss had previously remarked on a paper sent to him in the perusal file that an outbreak of cholera in the Cannanore jail was reported to have been due to ragi having been ponded too finely and had suggested that the papers available in the jd on the subject might be looked up. The preparation of the draft on C. No. 4749 was therefore deferred pending receipt of papers which had been called from the J. D. These have now been received:— C. No 6218 and D. 154.

2. ~~Dr Walker~~ There was an outbreak of diarrhoea in the above jail in 1892-93 and Dr Walker who was sent to report on it stated that the main cause was too finely sifted

Flagged D

No — I did not. — I never said a word about cholera — I said illness — If the words are supposed to be given, they should be given accurately.

HM

30/7/97

Fg C

ragi. This opinion was not, however, accepted by Dr Teamside the present Supdt and Mr Cardew agrees with the opinion of the latter (vide para 5 of the latter's memorandum on Ascaris Lumbricoides) that the outbreak was due to causes affecting the general health of the population.

3. In these circumstances an order may issue on C. No 4749 in the sense of the notes already recorded thereon

Issue the order and submit to Sir H. Bliss.

RS
23-7-97

24/7/97

FOR ORDERS.

flagged E

Printed in [illegible] D

D

Send to the Hon: Sir H. Bliss for information after issue
RS

No further action called for. 21/7/97.

C 29/7/97
[illegible]

Read C. No 4749
G. O. (Press) No 627 of 26th July 1897

Comm to the Board of Rev with the remark that the instructions issued by it in para 3 of its Proc 312 / 26-4-97 are approved

2. Care should be taken in Kitchens to grind the ragi finely as is done in jails

3. The Govt awaits the results of the further inquiries ~~to be made by~~ ordered in para 1 of G.O. 366 / 20-5-97.

26/7/97

The Bd (Sec) The Sam: Comm Ehesto 29/7/97

RS
24-7-97

60/3

Government {1897} of Madras.

REVENUE.

Recd. } 1897. *Enclosures*

Regd. } *Spare copies*

G.O., No. 627, 26th July 1897.

JULY.

Ration.

Communicating, with remarks, to the Board of Revenue letter from the Sanitary Commissioner reporting on the Ganjám Collector's proposal to make certain alterations in the quantity of certain articles in the — prescribed in section 122 of the Famine Code.

GOVERNMENT OF MADRAS.

REVENUE DEPARTMENT.

Read—the following letter from the Sanitary Commissioner for Madras, to the Secretary to Government, Revenue Department, dated 1st June 1897, No. 1185-S:—

With reference to G.O., No. 366, dated 20th May 1897, I have the honour to state that there is no reason to believe that ragi if properly prepared is irritating to the intestines. The methods of preparing ragi, however, differ in various parts of the country, and it is conceivable that in localities where common experience dictates that a diet of ragi is irritating unusually rough modes of preparation are employed. The mere fact of it being customary in some parts to combine the ragi with rice points to this conclusion—the habit evidently having been evolved with the object of securing less juxtaposition of the indigestible particles formed partly of husk and the grain envelopes, by a mixture presenting less uniformly irritating surfaces during passage through the intestines. In the case of Ganjám, the habit of making fermented ragi "kanji" overnight for morning use seems the real disturbing factor; the occasional use of morning remnants having probably evolved the opinion that ragi twice daily is unwholesome. I need not remind Government that ragi is used with perfect success in the jails of the Presidency, but that there is no grain more treacherous, in that careless preparation at once exhibits itself in its effects on prisoners by conducing to catarrhal inflammation of the intestine. It being impossible to teach persons who have followed such and such a method of preparation of the grain for generations to forsake it for another in the midst of the emergency of a famine, the course adopted by Government is the only safe one that can be pursued, that is, to rely upon local officers stating definitely what the habit of the labouring poor is and to meet that requirement.

2. The remarks made by me above apply to the question of fixing the proportions of ragi and rice for calculating the famine ration. Where, however, the question of feeding in kitchens is concerned, and where, consequently, the preparation of the ration is under the control of those in charge, there seems no reason why the method of preparation pursued in the district, if it be such as to lead to intestinal disturbance, should be maintained. Thus, Mr. Taylor speaks of the ragi being "pounded," whereas in jails, and in most parts of the country, the ragi is subjected to cleaning, husking by pounding, grinding and sifting. This system could be readily introduced as a part of kitchen management when there could be no reason to suppose that the ragi would be irritating, in the case of persons accustomed to the use of the grain crudely prepared for one meal if they used it for two meals when carefully prepared, especially if fermentation be not allowed. In the presence of the fact that, as now employed, irritation followed the consumption of ragi, the advice of the Civil Apothecary to make a combination of rice with the ragi was sound, seeing that an unhealthy condition of the intestinal secretions gives the cholera microbe, if swallowed, more chances of survival.

3. In respect to the question of increasing the ration of salt by $\frac{1}{4}$ tolah, I consider no objection can be raised thereto. The salt allowed is sufficient for physiological purposes—provided really clean salt is used—and the question is simply one of palatability in respect to the large amount of somewhat flavourless grain employed. Neither can there be any objection to the amount of chillies being varied, if the custom of the district dictates that the amount is large. Habits differ enormously as to consumption of chillies; thus, a Deccan male ryot would hold that the amount is absolutely insufficient. The object fulfilled by the chillies being simply that of condiments proper, that is, the stimulation of the digestive secretions, habit may be looked upon as a correct guide; but I would deprecate the tamarind being interfered with, unless the amount was found to be absolutely repugnant to the people, as it represents the only vegetable acids available in the diet. Similarly, the pulse should not be interfered with, as it represents the main source of the albuminoids in the diet. If, however, again custom dictates this is too much, the Collector should be reminded that, so far as kitchen relief is concerned, as the Famine Code simply prescribes "pulse," this part of the ration is susceptible of considerable variation. For example, in addition to yellow dhal, the occasional serving as part of the whole amount of pulse, of well cooked "annumulu" (Labbab vulgaris) would be looked upon as a luxury in some parts of the country though usually cheaper than yellow dhal, whilst its nutritious properties are higher.

Order—No. 627, Revenue, dated 26th July 1897.

Miscellaneous.

Communicated to the Board of Revenue with the remark that the instructions issued by it in paragraph 3 of its Proceedings, No. 312, dated 26th April 1897, are approved.

2. Care should be taken in kitchens to grind the ragi finely as is done in jails.

3. The Government awaits the results of the further enquiries ordered in paragraph 1 of G.O., No. 366, dated 20th May 1897.

(True Extract.)

(Signed) G. STOKES,
Ag. Secretary to Government.

To the Board of Revenue (Revenue Settlement, Land Records and Agriculture).
„ the Sanitary Commissioner.

Exd. Md. Pahilvan.

60 Copies.

First copy sent to Press

REVENUE DEPARTMENT.

Paper taken out of the Records from the charge of the Record-keeper.

Regular / Miscellaneous No. 628 of 26-7- of 1897.

For what Current.		To whom given.	When taken out.
No.	Year.		
Con Agr		[illegible]	13/6/98
		[illegible]	16-9-58
		16.6.85	
		21/6/88	