

INDIAN OPINION

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NOT NUMBER BUT QUALITY THAT COUNTS

"IN every great cause it is not the number of fighters that counts but it is the quality of which they are made that becomes the deciding factor. The greatest men of the world have always stood alone. Take the great prophets, Zoraster, Buddha, Jesus, Mohammed—they all stood alone like many others. But they had living faith in themselves and their God; and believing as they did that God was on their side, they never felt lonely. When pursued by a numerous enemy Abu Bakr, who was accompanying the Prophet in his flight, trembled to think of their fate and said, "Look at the number of the enemies that is overtaking us. What shall we two do against these heavy odds?" Without a moment's reflection the Prophet rebuked his faithful companion by saying, 'No, Abu Bakr, we are three, for God is with us.' I want you to have that same living faith in yourselves and God."

—Gandhiji.

સંખ્યા નહિ પરંતુ ગુણની કીમત અંકારો

“પ્રત્યેક મહાન કાર્યમાં લગનારાઓની સંખ્યાની નહિ પરંતુ ગુણની કીમત અંકાર છે. દુનીયાના સૌથી મહાન નરો હમેશાં એકલા જ રહેલા છે. મહાન પયગમ્બરો, જેવા કે, જરથોસ્ત, બુદ્ધ, ઇશુખ્રીસ્ત, મહમ્મદ—એ સૌ એકલા જ હતા. પરંતુ તેઓને પોતાનામાં તેમજ ઇશ્વર-બુદ્ધમાં શ્રદ્ધા હતી; અને ઇશ્વર-બુદ્ધ તેઓની પડખે છે એમ સમજીને તેઓને એકલાપણું કદી લાગતું નહોતું. મણા દુરમનો તેમની પાછળ પડેલા નેષ્ટ વ્યક્તિ, જે મહમ્મદ પયગમ્બરની સાથે હતા, તેમણે કરી જઈને કહ્યું, ‘‘ગુઓ કેટલા દુરમનો આપણી પુઠે પડ્યા છે. આવા નિકટ સાંભળોમાં આપણે જે શું કરી શકી શું?’’ એક શબ્દોની પણ વિચાર કર્યા વિના પયગમ્બર સાથે પોતાના વિશ્વાસુ સાથીને દખા આપી કહ્યું, ‘‘નહિ વ્યક્તિ, આપણે ત્રણ છીએ, કેમકે બુદ્ધ આપણી સાથે છે.’’ એવી અત્યંત શ્રદ્ધા તમારા પોતાનામાં તેમજ ઇશ્વરનામાં તમને હો એમ હું ઇચ્છું છું.”

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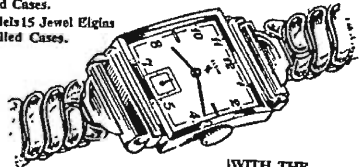
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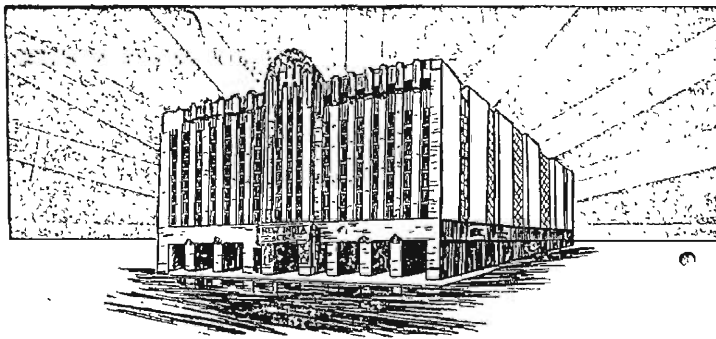
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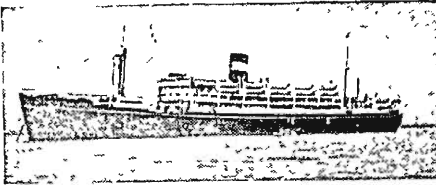
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MAHATMA GANDHI
IN 1903

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FRIDAY, 24TH AUGUST, 1951

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THE Bible story of the exodus of the children of Israel from Egypt relates that in the course of their journey through the Wilderness and their march to the Promised Land, the concourse of Israelites led by Moses were fed with Manna which fell from the Heavens to Earth and so provided their necessary sustenance.

After a while, however, the heavenly food became unappetising, probably too insipid, not enough "kick" or "flavour" in it, and the children of Israel "murmured and lusted for the flesh pots of Egypt." So much so, that they even expressed regrets at having been liberated from their bondage.

This story, especially when read in conjunction with their return to the worship of the Golden Calf, whether accepted as history or just parable, imports a moral and provides a lesson it would well profit the present generation to ponder seriously.

Not only the present generation of Western countries, but of the East as well. Not only of liberated India, but of the Indians of South Africa who are still in "bondage" but profess to desire freedom.

Although every member of the human family by virtue of his status as Man, possesses and is capable of exercising some measure of Free-Will (the measure depending upon his evolutionary growth) it is not true that all men are born free.

Potentially we are free; that is, we may become so through our own efforts, but, until we have won our freedom—earned it—we are born into this world loaded with chains of our own forging.

We come, reapers of "the things we did, the thoughts we had; the self we wove" in past lives—the freedoms or the limitations of our own making.

Our "present" is the fruitage of our "past"; our "future" will be what we are now making it.

Character—the Man as he thinks; feels, wills and acts—is the expression of his growth to date. His circumstances and

THE MANNA OF HEAVEN OR THE FLESH POTS OF EGYPT?

(L. W. Ritch)

opportunities are likewise of his own deserving.

In the same way that a navigator is free to alter the course of his vessel, so Man is free to change his way of life and living.

As a great teacher observed, "it all depends upon where we look for our gains;" what we consider the more desirable; how refined or coarse are our appetites.

Does the Manna from Heaven or do the Flesh Pots of Egypt appeal the more strongly to us?

Similarly shall we eventually find the worship of the Golden Calf more satisfying or more really profitable, than, by the exercise of our will power, adapting our lives to the demands of the over-riding Law that moves to Righteousness? That Law, expressed in a simple sentence, is, The Fatherhood of God and the Brotherhood of Mankind. The demands it makes is our recognition of it, not merely in theory, but in practice.

In civilised communities every adult is supposed to know the laws of the land. A not very reasonable requirement seeing how many and complicated they frequently are. But the Law by which men may regulate their lives happily, peacefully and progressively is simple and devoid of any possibility, of misunderstanding. The "Brotherhood" part of it simply means Do unto others as you would they did unto you. Love thy neighbour as thyself. The Fatherhood of God part of it implies that we are all God's children—divine sparks struggling upwards towards self-realisation, towards unfolding our latent possibilities which realised shall make us "like unto the "Father."

True indeed it is that "He, prayeth best, who loveth best," since love-divine—"love and charity immortal—is the spiritual force that quickens and unfolds

the best in man and makes him "likest to God."

Love unites. Hate separates and keeps apart. Taught the Wisest of the Wise, "there is no grief like hate." To which He added, "No pains like passion, no deceit like sense.

Now, just as a person who studies his health will choose foods that are health giving and avoid foods that are harmful but tempting because they tickle the palate, so each of us may exercise his measure of free-will in the directing of our lives, generally.

We are, all the time, being confronted with alternatives. We may succumb to the temptation to please 'the senses; to indulge in appetites that for the time being give the sensation of pleasure but eventually ruin, our health, or, exercising our will-power, we may resist the temptation and make the wiser choice.

If we value health, and all that the possession of health confers, more than the passing pleasures that indulgence leads, we exercise what is called restraint. Otherwise we succumb—and pay the price.

To take a further illustration. We may worship God or we may worship Mammon. Each brings its characteristic and appropriate reward. The wise, the saints, the "Seers of the Essence of Things," assure us, out of their own experience, that there is no comparison in the computing of values. The one is permanent, the other elusive and illusive; Dead Sea fruit.

And, be it remembered, seers and saints are not just freaks of Nature. They, too, have had to grow, to become. They are god-like only because they chose the way of godliness; because they renounced the lower for the higher the lesser for the greater, the unreal for the real.

They cultivated a preference for the Manna from Heaven instead of for the Fleshpots of Egypt.

They, of their own free-will and set purpose, chose the way that all of us must some time—however remote—follow to achieve the purpose of "What did make us man," the realisation of our own essential and potential godliness.

The love we are commanded to cultivate and express is not the mere sentimentality or the desire so often misnamed Love. It is the complementary of Wisdom, of Vision, of Understanding. It is sometimes, correctly spoken of as Compassion.

The Hall mark of it is unselfish service. Loving service rendered without thought of reward or self-advancement. Service rendered for the sake of the one served. For God's sake.

Men clamour and war against each other for "Rights." They would do better to strive after Righteousness. We reap only what we sow; Either deliberately or carelessly. The law of Cause and Effect operates throughout the Universe. Chance or fortuity are illusions.

Thoughtful minds have been appalled at the doctrine of the sins of the fathers being visited upon the children. And rightly so if interpreted literally.

Not so, however, if understood as it was meant to be, that the man (or woman) of one birth or generation is but the child, the product or creation, of the selfsame individual of a previous incarnation, who comes reaper of the things he (or she) sowed."

As we count time, the Mills of God grind slowly, but not only wondrous small, but very effectively.

We are the Masters of our own Fate. We may make or we may mar; help or hinder; progress or retrogress; rise or fall.

Ours the choice. None other compels.

Indian Opinion

FRIDAY, 24TH AUGUST, 1951

A Welcome Step

MR. A. D. LAZARUS, formerly principal of Greyville Government School, has been appointed principal of Sastri College, Durban. He is the first Indian to hold the position. Mr. Lazarus joined the staff of Sastri College more than 20 years ago. Later he went to the United States and took his Master of Arts degree at Yale. He rejoined Sastri College and served on the staff until his appointment to Greyville Government School. He is president of the Natal Indian Teachers' Society. The former principal of Sastri College, Mr. William Anderson, has been appointed principal of the new Indian Teachers' Training College.

The Indian community has every reason to congratulate itself for having its own Principal at the Sastri College and that too a fullfledged South African. It shows what great advancement we have made in education notwithstanding the many obstacles placed in our way by the Government.

There is a strong suspicion in some quarters whether this is not the thin end of the wedge of the Government's apartheid policy. Whatever it may be the time has come when we should learn to be self-reliant and should gratefully appreciate every opportunity afforded us to do so.

It will not be out of place to note here a great disability we have in this respect. For instance unlike the Europeans we are precluded, owing to immigration restrictions, from importing qualified Indian teachers. We have to be solely dependent on the material we have, which, it must be admitted, is inadequate both from the point of view of quality and quantity. Under the present Government it is becoming even worse. From the educational and cultural point of view this is a clear hardship for which there is not the least justification. It is the duty of every good government to see that not a single citizen suffers any handicap in his or her educational and cultural advancement for any reasons whatsoever,

and that if such do exist they should be promptly removed. But this argument unfortunately will not weigh with a Government that is intent upon treating the non-Europeans not as citizens but either as foreigners or as chattel as is being done in South Africa.

Mr. Ritch's Great And Tragic Loss

IT is with profound regret that we have to note the passing away, after a brief illness, at the Johannesburg general hospital on August 18, of Mrs. Ritch, wife of Mr. L. W. Ritch, whose name is not unfamiliar to the readers of 'Indian Opinion.' Mr. Ritch has been associated with Phoenix Settlement and 'Indian Opinion' from the time it was founded by Mahatma Gandhi in 1903. He is a Trustee of the Phoenix Settlement and he has been a regular writer in 'Indian Opinion' for many years. His learned articles are read by many with deep interest. Mr. Ritch's loss is therefore as much a personal loss to us. Mr. Ritch has had a very unfortunate life. One calamity after another has overtaken him. For many years he has been a cripple, his legs having been amputated. His only support was Mrs. Ritch, who was more than a wife to him. Indeed she was everything to him. Without her he could not move. Cruel fate has snatched her away from him in the evening of his life, for Mr. Ritch is over 80 years of age. Our readers, we have no doubt, will join us in sharing Mr. Ritch's grief the extent of which is undescrivable in words. May God be with him and may the departed soul rest in peace.

The wonderful way in which Mr. Ritch has resigned to the will of God is reflected in the following brief note under the caption 'In The Hour Of Trial' he has sent to 'Indian Opinion' after the great and tragic blow had befallen him:

There comes a time in the life of each one of us when our professions are put to the test when the sincerity

of our beliefs is tried out; when we are challenged to practise what we preach.

This may happen by way of a domestic bereavement; the 'death,' so called, of a very close and precious member of one's family. Then, indeed, ones faith is truly put to the test, the test.

Is one then capable of honestly echoing the words of the Master "The wise grieve neither for the living nor for the dead."

Is one, then, able to subordinate one's own loss to the knowledge and certainty that all is well with the dear departed? To know that 'death' is but change, and that "all that lives lives always?"

Can one still say in perfect sincerity that God is Love and that the Law that governs our lives—our comings and our goings, and the conditions in which we find ourselves—is an expression of that love?

Much turns upon the answers we are able to give. For life is a schooling, in which many of our experiences are examination papers to test how we are progressing in the things that really matter; how we are growing in what matters most—the building of Character.

We have to prove the reality of our convictions.

And, it is much the same in public affairs; in matters that affect the community to which we belong.

When a crisis, such as the present one occurs, what then is our reaction? How, then, do we respond to the test of public-spiritedness? How answer the call to subordinate personal and private interests to the demands of Principle?

How, then, choose between Self and Service? Between God and Mammon?

For, this, too, is a test of Character; of worthiness; of sincerity.

What the other man does is not the question. We have to do as we would be done by, not as others, wrongly do to us.

Mere protestations and threats mean nothing, no matter how loud they be, or on how many platforms they be voiced.

There is only one real test of conviction—Conduct.

Mr. S. B. Mehd

ALL those who are acquainted with the past history of Indians in South Africa and many of the present generation are familiar with the name of Mr. S. B. Mehd. He recently had a heart attack and on medical advice he has been confined to his bed at his flat in Master Mansion, 37, West Street, Johannesburg. He has been advised by the doctors that he should completely retire from all activities. Mr. Mehd has spent over forty years in South Africa and

has taken an active part in public affairs. During the Passive Resistance campaign led by Mahatma Gandhi from 1907 to 1914 Mr. Mehd was one of the staunchest soldiers and had bravely and cheerfully suffered on many occasions the rigours of prison life. Subsequently he was closely associated with the Congress. He had once held the position of joint secretary of the South African Indian Congress and was for many years on its executive. In 1939 when the Congress launched Passive Resistance against the Transvaal Asiatic Land Tenure Act, Mr. Mehd took a prominent part in it. He kept on hawking fruits without a licence, outside the Court House, for several weeks but the authorities refused to arrest him. There has not been any public activity with which Mr. Mehd's name has not been associated. All those who know him are aware that one of his legs has been crippled for many years. It happened through a motor accident while he was going for some public collection. Mr. Mehd's association with 'Indian Opinion' has been from its very inception. He has been rendering free service to this paper all these years for which the paper is indebted to him. For all these services he has never been remunerated nor has he ever expected any remuneration. In the time of peace he has been eking out a bare living by doing insurance work and by helping people get over immigration difficulties. Mr. Mehd is one of the few exempted Indians who had entered the Transvaal under the 1914 Smuts-Gandhi Settlement. When he returned to the Union in 1927 after a prolonged stay in India his right of entry was challenged by the Government and Mr. Mehd fought his case and won in the Appellate Court. He had therefore occasion to make a thorough study of the Immigration Act and it would not perhaps be incorrect to say that he has a better knowledge of the Act than many of the Immigration officials. Much as he would like to lead an independent life without being a burden on the public Nature has precluded him from doing so. The time has come when he can no longer do anything at all; which means that he would either have to remain in South Africa away from his relatives or go to India and spend the remainder of his life with and among his near and dear ones, who, by the way, are

themselves in a poor state both economically and from the health point of view. Mrs. Mehd is mentally incapacitated for many years and Mr. Mehd has only one daughter, who is married, with a large family to look after.

In the circumstances it is up to the Indian community of the Union, in recognition of Mr. Mehd's public services, to enable

him to go to India and to spend the remainder of his life peacefully among his relatives. We have therefore decided to open a fund for a suitable purse to be presented to Mr. Mehd. All well wishers are requested to send their contributions to 'Indian Opinion,' Private Bag, Phoenix, Natal, which will be duly acknowledged through these columns.



Mr. A. D. Lazarus who is the first Indian to be appointed Principal of the Sastri College

NOTES

A Fine Gesture

We wish to very heartily congratulate the Natal Muslim Council for their very fine gesture in celebrating the birth of Pakistan by offering prayers in the Mosques so that all disputes between India and Pakistan may be settled by peaceful means and so that peace may always prevail between them. Needless to say their prayers were shared by all thinking people irrespective of religion, caste or creed.

African Chief On Apartheid

At a meeting of the Natal Provincial Congress of the African National Congress, Senator Edgar Brookes explained the contents of the various laws passed by the Government affecting the Africans. Chief A. J. Lutuli, president of the Congress, said the apartheid policy was merely an intensification of a policy which had been in existence almost since Union, but which was brought to the fore with the passing of the Native Land Act of 1913 which prohibited Natives from buying land except from Natives. This had the effect of restricting the Native people to the various locations, which even at that time were inadequate for them. The policy was reinforced in 1936 when additional land was promised, he said, but this promise had not yet been fully redeemed. Chief Lutuli said that the separation policy in the Government of the country manifested itself at Union when the majority of the White people showed that they were against Natives participating in Government in any way. "The present Government have been the greatest protagonists of limitation of the political rights of the Native people and even of excluding the Native people from the general life of the country, save merely as labourers. The physical conditions obtaining in the Native areas do not justify the acceptance of apartheid by the Native people until adequate distribution of the land has been made and

the possibilities of exploiting the land for the Natives are more evident than at present. We may continue to use whatever resources there are in the Native areas but this is not because we accept the principle of apartheid but to prevent our race from dying out. Our co-operation in the improvement of the land to its utmost, which we will give fully, should not be taken as meaning that we accept apartheid. To do so would be false to ourselves as a people."

Mr. Mitchell On Group Areas Act

Addressing a meeting in Maritzburg last week Mr. D. E. Mitchell, M.P. referred to the Indian question. He is reported to have said Dr. Dinges had failed to solve the Indian question. The Group Areas Act was in the melting pot and would be altered if agreement with India made it necessary. Mr. Mitchell said that the Group Areas Act was intended to take the Asiatic and put him in his own area, entirely divorced from anyone else. Dr. Dinges had refused to allow the Indian Government to interfere in the domestic policy of South Africa, and as a result relationships had been broken off. But at Lake Success in November Dr. Dinges had said that if it was necessary to amend this Act to arrive at an agreement with India then he would amend the Act. He had repeated this in Parliament. So the Act, upon which a great many people in Natal set store, was in the melting pot and might be amended.

Definition Of Communist

A number of Durban people have been informed by the Liquidation of the Communist Party, Mr. J. de Villiers Louw, that under the Amended Suppression of Communism Act, they have been given a further period in which to show cause why they should not be named as Communists. The main point of the amendment is that the Act is now retrospective and alters the

definition of a Communist. From now a Communist is anyone whom the Government says is a Communist, anyone who has professed to be one, anyone who has at any time promoted Communism, or anyone who has been a member of an organisation that the Government says promoted Communism.

Question Of Non-Whites Before U.N.O. Committee

The United Nations Economic and Social Council last week at Geneva adopted a Swedish resolution asking the Secretary-General of the United Nations Organisation to "continue to report on economic conditions in Africa in the annual economic review of the United Nations." Soviet Russia, Poland, Czechoslovakia and Persia did not vote. The resolution replaced an earlier Philippine proposal that economic conditions in Africa should be examined by a special United Nations committee. The Swedish move was made as a compromise after the British, French and Belgian delegates had expressed their opposition to the Philippine resolution on the grounds that moves to establish United Nations regional committees should originate from Governments in the area. The resolution asked that the Secretary-General's report on Africa should make particular reference to the economic conditions of Africans and other non-White populations on the African Continent.

India's Opinion

The chief Indian Republican delegate, Mr. T. Krishnamachari, supporting the Swedish compromise resolution, is reported by Sapa Reuter to have said: "One must bear in mind that not all Governments in Africa are imperialistic. Some are Liberal-

Socialist. The fact that these Governments come here and explain to the Council the achievements and failures of their administrations is an advance in itself. The Indian Republican delegation, he said, stood by its wish to see an economic commission set up for Africa. He hoped this would be done as soon as possible.

Mr. Churchill Calms Down

Before leaving for his holiday at Anney with his son-in-law, Mr. Christopher Soames, Mrs. Churchill and Mrs. Soames, Mr. Winston Churchill is reported to have delivered a moving plea for a new understanding and tolerance among the nations. He reflected sadly how different the world's history might have been if more imagination had been used with Germany after the 1914-18 war. "It is our interest and our duty," Mr. Churchill said, our Christian duty, if you like, to do the best we can to blot out and sweep away hatreds and vengeance and to try to make a better world for victors and vanquished alike. Those who stand for freedom and honour will work to-

Hofmeyr Memorial Speech Contest

The finals of the Hofmeyr Memorial Speech Contest will be held in Kathiawad Hall, 52, Lorne Street Durban at 7.45 p.m. on Friday, 31st August, 1951.

gether against any new dangers which may present themselves from any quarter."

It is refreshing to see Mr. Churchill for once preaching the non-violent way to settle disputes. It is quite unlike what he said just recently in regard to the oil dispute in Persia. There seemed to be lack of tolerance in that speech of his.

Mr. Pant's New Appointment

Mr. A. B. Pant, Commissioner for the Government of India in British East Africa, who has been accredited as Commissioner to the Central African territories, is at present touring the Rhodesias and Nuyasaland. He is accompanied by Dr. (Mrs.) Pant and the Indian Trade Commissioner and the Information Officer. At the principal cities of the Central African territories Mr. Pant will present his letters of credence to the governors of Nuyasaland Southern Rhodesia and Northern Rhodesia. At Salisbury Mr. Pant and Dr. (Mrs.) Pant have been invited to stay at Sir Godfrey Huggin's residence. The Party will return to Nairobi on September 8.

NATURE CURE GUIDANCE

By Robert Lawrence McKibbin

(Corporate Member Of The Institute Of Natural Therapeutics And Hypnosis (S.A.)
Hon. Secretary-Treasurer: Homoeopathic Society of South Africa.)

[The following is of a series of articles on Nature Cure, written by Mr. Robert Lawrence McKibbin, 40 (a), Commissioner Street, Johannesburg. Mr. McKibbin will be pleased to answer through these columns any questions the reader may wish to ask.—Ed. I.O.]

THE monthly suffering that many women go through has been called "The Curse of Eve." Yet it is all too often entirely unnecessary. The junction of menstruation is a completely natural one devised by the creator for the good of the woman and there is no reason at all why it should be attended with pain and distress. As a matter of fact, there are quite a number of women to whom menstruation means nothing unpleasant at all beyond, the matter of observing stricter personal hygiene.

Sickness is the result of breaking or failing to observe some law of nature, and menstrual disorders are no exception to this rule. All too often painful periods are the result of some violation of common-sense that could easily be avoided. For instance, many a young woman washes her hair just before or during her period. That is simply asking for trouble. The same applies to sitting on cold stones, cement steps, standing in draughty places or getting the feet wet.

A noticeable feature about most Indian women is their beautiful feet due to the wearing of sandals instead of the silly high-heeled European type of shoe so popular to-day. Such shoes cause a terrible amount of female troubles. The high heels cause the whole body to be thrown out of alignment; the centre of balance is slighted to such an extent that a great strain is placed on the back, spine, abdomen and all the internal organs. Everything tends to be out of place. The result is congestion, which leads to serious consequences. In addition, high heels throw the weight of the body on to the fore part of the foot. When, as is usually the case, the toe part of the shoe is narrow and pointed, the toes are then crushed together, even to the extent of becoming permanently deformed. The results are far more serious than a beauty defect, although such misshapen feet are indeed unpleasant to see. But the effects on the whole system are very far reaching because the nerves in the feet and toes are so constricted, pressed upon and adversely affected that there is a reaction on the whole system.

It is not generally known that the nervous system of the whole

body is neglected in the feet. Each part of the body has its corresponding reflex area in the feet, and if any part of the body be out of order, its foot reflex area will be sore and tender. Conversely, if the feet be abused, the parts of the body related to the injured areas of the feet will also by reflex action be affected. That is why, for instance, many a woman has a headache and is all upset after a shopping expedition. Her feet have had a beating on the hard pavements and by reflex action have upset her nervous system.

Indian women should ordinarily have an easier time than the average European women because their feet are not so abused. But, unfortunately, far too many Indian women have a grossly faulty diet. A diet of *roti* rice and *dal* — pepped up with curry, ginger and other condiments — is extremely deficient in the necessary elements for building and maintaining a healthy body. Furthermore, many condiments have a direct influence on the female organs. Chillies, for instance, are inclined to inflame the ovaries. Ginger affects the bladder. Cinnamon causes excessive flow of blood. All these things have very little food value and women would be wise to cut them out of their diet.

A menstruating woman loses a good deal of blood. She needs, therefore, plenty of blood-making food, rich in organic salts of iron, lime and other elements. If she does not get these, she is bound to become anaemic. Eventually she may not be able to menstruate properly, owing to her weakened condition. And it could all be avoided by a little common-sense and self-discipline. . . .

Every woman should eat, every day of her life, plenty of raw lettuce, raw cabbage, raw carrot and raw beetroot. Beetroot is particularly rich in lime and its very juice looks like blood. It is excellent. Then, again, raisins are rich in iron, as also is spinach. Dates, prunes, dried figs, in fact, all the dried fruits are very valuable. So too are honey, crude black molasses, and all kinds of ripe fresh fruits. These should be partaken of liberally everyday.

THE CURSE OF EVE

Sweets, sugar, spices, white flour products such as *roti*, cakes, biscuits and white bread, and also refined or polished rice and mealie rice, should be avoided. They are simply trouble-makers. They are so lacking in vitamins and mineral salts as to be virtually dead. Anyone taking these substances into her body is just taking in a trout-le-maker.

Another prolific cause of female troubles is lack of proper exercise. If the female body be not sufficiently and properly exercised, there is bound to be congestion. That means trouble. Lack of exercise, plus wrong diet, also gives rise to constipation, which is at the root of 90 per cent. of illness in the world today.

There are three excellent yet simple exercises that every woman ought to do every day, morning and evening.

The first is to lie on her back, raise the feet together while keeping the knees straight and at the same time try to touch the toes with the outstretched hands. The feet should then be lowered and the middle-part of the body raised in such a way that the whole body is suspended on the feet and the back of the head. This exercise should be repeated several times, so that the spine is bent alternately in a forward and a backward curve.

The second exercise consists in standing facing a wall, with the feet together 6 inches from the wall. The arms are folded and laid against the wall at eye-level, and the forehead is laid on the folded arms. Then one hip is twisted and pressed forward to touch the wall. Then the other hip is pressed forward in the same way. This alternate pressing of the hips twists the spine, exercises the abdominal muscles, and automatically massages the internal organs.

The third exercise consists simply in crawling about the floor on hands and feet for 10 minutes. It is excellent.

While exercise is absolutely necessary, I must warn that too much violent exertion can be harmful. Violent sports like horseback riding, too much swimming, racing and other athletics, can be overdone and are not

good for most women. The ideal is to do a moderate amount of exercise every day — not a lot one day and nothing another.

If women will dress, eat and live sensibly, many can escape a great deal of "the curse of Eve." But there are those who need further help. Sometimes manipulation of the spinal column helps greatly. If certain vertebrae are maladjusted, they will definitely give rise to much trouble. A simple manipulation often puts this right and that is the end of the trouble.

In other cases homoeopathic and herbal remedies are exceedingly valuable. The herbal remedies undoubtedly supply certain missing elements and thus nourish and strengthen the organs. The homoeopathic remedies work in their own peculiar way, and vary according to the particular individual and particular complaint. As a general rule, however, the following are exceedingly helpful. For cramps causing the patient to bend over double — *Colocynthis 6* or *Magphos 6* (in hot water). For delayed menstruation — *Pulsatilla 6*. For excessive and too frequent menstruation, especially in glabby fat individuals — *Calc. carb 6* For anaemia — *Ferrum phos 6x*.

Mention of the above only touches on the fringe of the subject, of course; yet much help can often be obtained thus without further aid.

But, and it cannot be repeated enough, nor too insistently, it is essential for every woman to have sufficient proper food, chiefly raw salads, vegetable and fruits, to ensure that her body gets the elements necessary to keep it in health. Her body is her most intimate possession. It is her duty to look after it properly.

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Our America Letter

(Hans Stefan Santesson)

New York, August 5.

VISIT OF RAMMANOHOR LOHIA

THE Indian Socialist Leader Rammanohar Lohia, is in the United States, scheduled to visit New York, Washington, Chicago and the West Coast, under the auspices of the Foundation for World Government. Accompanied throughout the whirlwind tour by Harris Wofford Jr., co-author with Clara Wofford of the recently published 'India Afire,' Lohia has shocked, startled and delighted audiences unaccustomed to plain speaking about India's economic and social problems, but left rather mixed impressions in his wake. Dr. Lohia, speaking at the Community Church in New York on August 1, said India would save herself from Capitalism and Communism whether or not there was outside aid, and "a Socialist India would under no circumstances assist an aggressor."

Chandar Bahadur Mathura In New York

Chandar Bahadur Mathura, President General of the Sanatan Dharma Mahasabha of Trinidad and Tobago, a member of the Port of Spain City Council since 1944 and Editor and Publisher of 'The Indian,' passed through New York on his way to the United Kingdom, sailing the morning after Lohia's meeting. Active in politics since 1911, and an associate of the late Captain Cipriani, Mathura represented Trinidad Labour at the Montego Bay Conference and is President of the Domestic Workers Union and of the General Seafarers Union of Trinidad and Tobago. Chairman of the Indian Relief Committee since 1946 and prominent in his community and throughout the island, Mathura was on his way to London to hold unofficial while there with members of the Colonial Office about the new constitution, "some changes in the immigration laws and educational policy of our country, the unemployment problem, and the institution of free medical and dental care for everyone." While in New York he conferred with Mr. B. K. Nehru, who visited Trinidad in 1949, discussing conditions there—the relations between the Indian Commissioner and the community—and the need for removing the restrictions under the Immigration Law "which create hardships for Indian nationals domiciled in Trinidad

and who wish to have close members of their family join them there." Mathura was entertained by the Tint'arn Indai Bahadur Singh, acting Consul General for India in New York, and by others including Dr. S. A. Sidat-Singh, retired President of the local India Progressive Association, who gave a dinner in his honour the Sunday before he left.

The Cicero Riots

The 'New York Times' comments editorially, on July 12 on the recent anti-Negro disturbances in Cicero, near Chicago...

"Mob violence in Cicero, stemming from anti-Negro prejudice, is a national disgrace. Most of us knew the name of Cicero primarily because of its traditional reputation as a hangout of gangsters. Perhaps, justly or unjustly, we were not too surprised when it appeared, also, as the point at which ugly and irrational behavior made itself manifest. If there is a shred of community pride left in Cicero among decent-minded persons it is high time that it be asserted."

"Notable advances in race relationships have been made in this country in recent years. We are all agreed that the problem is not simple and that its happy solution requires patience and tolerance and much good sense. Frames of mind and states of heart cannot be created by mere legislation or by court decrees. What we have to learn is how to live with our fellow human beings in peace and amity and understanding."

"An episode such as that in Cicero sets back this learning process for some individual and quite naturally makes the Negro sceptical of its possibilities. If he feels aggrieved at what has happened his grievance surely is just. We can only hope that he will not hold responsible for this hurt those multiplied thousands throughout the country who looked on such events as outrageous and intolerable."

America And The Challenge Of Asia

'America and the challenge of Asia' is surveyed in a challenging special issue of the 'Saturday Review of Literature,' a weekly published in New York, August 4, issues contains articles by Bertrand Russell, Harold R.

Isaacs, James Michener of South Pacific fame, Santha Rama Rau, Abdul Quayyum, and others, Carlos P. Romulo, Minister of Foreign Affairs of the Philippines, writing on "A Pollock for the West in Asia," Professor V. K. R. V. Rao, Professor of Economics at the University of Delhi, writes: Suspicion has grown in Asiatic minds that the United States is perhaps not interested in Asian economic development as such or in the raising of the living standards of its people, but regards these merely as planks in its foreign policy of building up not only a pro American but an anti-Russian, now also anti-Chinese, world. To the hope that the Asian peoples had entertained that a non-isolationist and pro-Asian America would use its economic strength to help the peoples of Asia to build up their economies in freedom, both domestic and international, the cruel alternative of either no aid or aid with strings has come as a death blow."

Agreeing with Professor Rao that "America must understand Asian psychology," Norman Cousins, Editor of the 'Saturday Review,' writes—"The need today is for philosophers and scholars—whether in Asia or Africa or the Americas—who will address themselves to the human situation. The need now is to talk not about geographic destiny but about human destiny. The need is to think in terms of universal values."

First Wheat Shipment Leaves

Shrimati Vijaya Lakshmi Pandit, speaking at the time in June of the first wheat shipment

left for India, is quoted by 'India Today' as saying—"Millions in India will be filled with gratitude at the manner in which the United States have risen to the occasion to extend the hand of friendship to them. During India's fight for freedom, it was America that gave help in many ways. Many of our patriots found refuge here. Now, when this question of economic aid came, I never had a moment's doubt as to how the American people would react to our request."

"The common people of the United States have once more shown that they have a big heart. While our thanks go to the Administration, Congress and to various agencies, we will never forget the way the people of this country backed us up. They not only spurred this aid but they spurred our faith in the ideals of the American people. By their self-denial they have helped us in the next stage of our struggle for economic freedom. They have strengthened still further the friendship between our two countries."



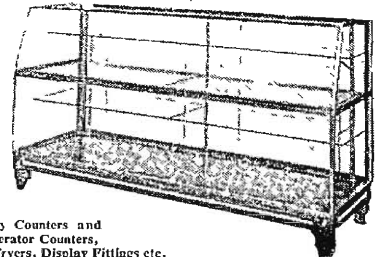
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REACTION TO PLAN FOR CENTRAL AFRICAN FEDERATION

ACCORDING to the Salisbury correspondent of the 'Natal Mercury,' certain of the London proposals for Central African federation are unacceptable to the great majority of Europeans in all the three territories.

These objections centre mainly in the large proportion of the members of the Federal Parliament—13 out of 35—which it is suggested should be nominated to represent African interests. These members would not be responsible to the Federal Prime Minister, who, in order to secure a working majority, would therefore have to win at least 18 out of the 22 elected members' seats.

The very wide powers to hold up legislation which it is proposed to give to the Federal Minister for African Affairs would likewise not be acceptable to most African voters.

This Minister would not be appointed by the Prime Minister but would be nominated by the Governor-General.

Unless some modification of these proposals is secured at the conference, to be held at the Victoria Falls between September 18 and 25 there is little hope of the federal plan being accepted.

The conference will be attended by the Secretaries of State for Commonwealth Relations and the Colonies, Messrs. Patrick Gordon Walker and James Griffiths, and

by representatives of the Governments of the three Central African territories.

The granting of universal suffrage in Northern Rhodesia was demanded by several African organisations as an essential condition of their acceptance of the federal proposals.

Mr. Stanley Evans, Labour Party leader of the British Parliamentary delegation which is now touring Central Africa, told a meeting in Ndola bluntly that the time for this had not yet come, and that he would report when he returned to London that universal suffrage at this stage would be dangerous.

He reminded Africans that their future welfare lay not so much in rapid political advancement as in the full development of the complementary economic resources of the three Territories. There was no comparison between Northern Rhodesia and the Gold Coast.

Mr. Julian Amery, a Conservative member of the party, assured Europeans in Northern Rhodesia that they were there to stay and that the Territory needed their leadership. All members of the party have, however, at one stage or another warned Europeans in both Rhodesias that it would be fatal to try to retard the advancement of the Africans by artificial means.

Hall, 52 Lorne Street, Durban, at 7.44 p.m. on Friday, August 31. Senator Dr. E. H. Brookes has consented to preside, and the following will be the judges: Councillor Mrs. Maytom, M.P.C., Dr. W. G. McConkey, Secretary for Education, and Chief Inspector Mr. L. J. T. Biebuyck.

Speakers from the following schools, winners in the preliminary rounds, will speak:—Woodlands Indian High School, Pietermaritzburg; Stanger Indian High School; Dundee Indian Secondary School; Adams College; Durban Indian Girls' High School. The order of speaking will be by lot and no speech may exceed 15 minutes in duration.

When the judges have announced their decisions, the floating trophy (an original painting by Peller, donated by Alan Paton, Esq.) will be presented to the representative of the winning school. There should be room in the hall for all members of the Matriculation class of those schools which originally entered the contest, but it would be advisable to contact Mr. R. P. Soni in the matter, not later than a week before the contest. The public is invited to attend, and advertisements and notices will appear in the Press.

Britain And The Kashmir Issue

The 'Times of India' in the course of a leading article in the issue of July 26, writes:

...On the basis of Kashmir housing a Muslim majority, many foreign countries, and more particularly Britain and the United States, are prone to assume that Pakistan has automatically a right to this territory. How they can reach this deduction with 40 million Muslims inside India is among the more intriguing mysteries of recent days. Even the 'Manchester Guardian,' wilfully hostile to India on the Kashmir issue, has now been moved to concede that 'India has treated its Muslim minority better than Pakistan has treated its Hindu minority.' This realisation, though somewhat late in the day, is significant. Tardily again, this newspaper has suddenly realised that even while India was endeavouring to negotiate the American loan for two million tons of wheat, Pakistani propagandists were actively trying to sabotage these attempts on the plea that India did not need American wheat and could buy it from Pakistan. "If this charge is true," notes the 'Manchester Guardian,' unctuously, "it is most unavowry." The world

including Britain and America know full well that this is true. Karachi spared no efforts in Washington to bring about, as one commentator remarked, "the deaths of millions of the unoffending poor," though happily its attempts came to nought. Instead of admitting belatedly that India has serious grounds for complaint, the 'Manchester Guardian,' along with other members of the American and British press might earlier have exercised a restraining influence on the exuberance which its anti-Indian propaganda provoked in Karachi. Now that the results of their handiwork stare them in the face, the British press (if the Manchester Guardian's comment is typical of the new mood, are anxious to point out to Pakistan that if there should be war that country "will probably receive little "protection from outside." This rush of wisdom, though late, is welcome. India's strength lies in restraint and calm, and in the coming critical days her people and Government, despite all provocation from Pakistan and elsewhere, must ensure this.

India Has No Aggressive Intentions

The Secretary-General of the Arab League, Azzam Pasha, was quoted by the Sharq-al-Adna Radio station (Cyprus) as saying that the present state of tension between India and Pakistan had upset the friends of both the countries and the Arab States were among those friends. Regretting the failure of efforts so far made to solve the problem between the two countries, Azzam Pasha said that friends of India, "led by such a humanitarian leader like Mr. Nehru," cannot believe that India intends to attack her neighbour.

Cairo: Azzam Pasha said that he did not believe India had any aggressive intentions against Pakistan.

Of the alleged concentration of Indian troops along the Pakistani frontier, Azzam Pasha said it had caused more anxiety because such military concentrations had appeared at a time when there was mutual mistrust by both sides.

"We do not know how to cooperate in settling this dispute," Azzam Pasha said, "but as friends to both sides, we would be happy to find a solution so that the tension could be eased."

Shri M. D. Shahane, Information Officer to the Commissioner for the Government of India in British East Africa, who was on leave in India for the last two months, has returned to East Africa.

Things In General

Advocate Godfrey On Moral Re-Armament

A cable message by New World News Agency from Chaux-sur-Montreux, Switzerland states: Advocate J. W. Godfrey, of Durban, three times President of the Indian National Congress, addressed 1,000 delegates from 32 nations at the sixth session of the World Assembly for Moral Re-Armament. Advocate Godfrey said, "I have lived and been raised in an atmosphere which many would find difficult to imagine. For years I have fought for redress for my people but now I can see that all the time I have been meeting hate with hate and the result has been more hate against us. We have met time after time to discuss our problems but have seen no light. When I began to understand the meaning of Moral Re-Armament I saw that there was some

hope but I also saw that if anything I did was to be of any value priority number one must be personal change." Mr. Godfrey spoke of the practical steps towards reconciliation that he was planning to take both in political and family spheres. "The bitterness I have had in my heart against the white people of South Africa is disappearing fast and I have seen the potent possibilities of Moral Re-Armament. It is a very powerful force for uniting people." Advocate Godfrey who has been away from South Africa for some time has left London and is expected to be here soon. He is accompanied by Mrs. Godfrey.

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The finals of the Hofmeyr Memorial Speech Contest will be held, in the Kathiawad

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THE PRICE OF MALNUTRITION

The following Press Statement dated August 8 has been made by the South African Institute of Race Relations:

MALNUTRITION was estimated at the close of 1947 to be costing the Union of South Africa £165 million annually—£15 million in actual medical expenses, and £150 million in lost wages and production brought about by the daily absent from work of 100,000 Europeans and 450,000 Non-Europeans. In addition 16 to 47 per cent. and 32 to 90 per cent. of African school children were at that time estimated to be suffering from undernourishment.

With the ever-mounting cost of living placing nutritive foods (particularly dairy products) further and further out of the reach of those who most need them, the ranks of under-fed South Africans can safely be estimated to have strengthened considerably since that time.

A survey recently conducted by the South African Institute of Race Relations reveals that among African families on the Reef, alone, the average deficit in earnings against minimum expenditure requirements per month were as follows: Jobar-

nesburg £4 17 10 Pretoria £4 15 3 and Reef Towns, £3 11 9. When rent and transport have consumed their share of the families' monthly income, such shortage is accommodated by a reduction in food and clothing—frequently a reduction which placed these essentials well below the minimum for maintaining physical health.

The announcement that the Union's Minister of Health has plans for the production of a low costing yet highly nutritive food, could therefore not have come at a more welcome moment. It is impossible to exaggerate the desperate need for measures to combat the alarming increase in malnutrition in this country.

Exploding A Harmful Myth

Contrary to popular assumption, the African is law abiding. During the year 1950 only 0.06 per cent. of all African convictions were for serious crimes while 24 per cent. were for offences against the liquor laws, and 21 per cent. for Native Control Offences (pass laws etc.). This situation is revealed by the statistics given in the "Monthly

Bulletin of Statistics" for March 1951.

Liquor Law Offences

In 1950, 2,838 Europeans and 157,383 Non-Europeans were convicted for offences against the Union Liquor laws (excluding drunkenness), when convictions for drunkenness are added the figures rise considerably to 14,513 Europeans and 223,647 Non-Europeans. For Africans this total figure represents some 500 convictions per day over the entire Union, but involves only 2.2% of the total African population.

The combined total of 238,187 convictions during 1950 represents one quarter of the convictions for all offences during that year. A third of this total figure were convictions for drunkenness, and the majority of convictions for other offences against the liquor laws were in respect of Africans found in possession of illicit liquor.

The percentage of the population convicted for liquor offences during 1950 are as follows:

All Offences (Including Drunkenness)	Drunkenness
European 0.5 per cent.	0.4 per cent.
Africans 2.2 "	0.1 "
Asiatics 0.7 "	0.4 "
Cape Colonials 3.8 "	2.5 "

Total Convictions annually for offences against the liquor laws (excluding drunkenness) as given in the "Monthly Bulletins of Statistics" issued by the Bureau of Census and Statistics for the year 1939/48 are as follows.

	Europeans	Non-Europeans
1939	1,711	91,216
1942	1,008	10,110
1945	991	116,882
1948	1,391	147,040

OBITUARY

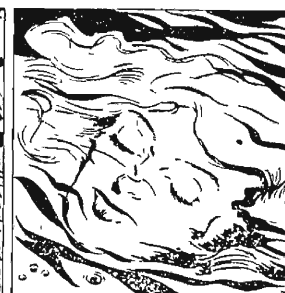
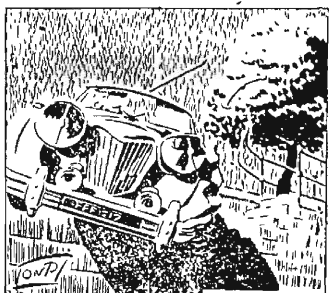
The many friends of Mr. and Mrs. A. E. Shaib of Durban will be deeply grieved to learn of the untimely death of their daughter Mrs. Amina Abdul Khalek Seedat, which took place on Wednesday, August 15, at the residence of her parents at 121 sixth Avenue, at the early age of 21. Deceased is survived by her husband and a two months old daughter, her sorrowing parents and many other relatives; to mourn their tragic loss. The funeral which took place the same night was attended by a large number of friends and relatives.

R. VITHAL

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અમેરીકાનો પત્ર

(અમારા ખાસ અગ્રરપત્રી તરફથી)

ન્યુયોર્ક ઓગસ્ટ તા. ૧, ૧૯૫૧.

રામ મનોહર લોહીયાની મુલાકાત

હિંદના સમાજવાદી નેતા શ્રી. રામ મનોહર લોહીયા યુનાઇટેડ સ્ટેટ્સ ની મુલાકાતે આવ્યા છે. તેઓ "કોલેજ ઓફ ડેવલપમેન્ટ" ના આચાર્ય હોવા અને વેસ્ટ કોસ્ટની મુલાકાતે ગયા હોવા આર્થિક અને સામાજિક સલાહી પર પોતાના રસેષ્ટ વકરતવથી તેમણે શ્રીતાઓને સ્તબ્ધ કર્યા છે તેમના ભાષણથી મીઠા છાપ પડી છે. ન્યુયોર્કમાં કોમ્યુનિટી ચર્ચમાં પ્રવચન કરતાં તેમણે કહ્યું હતું કે બંધારની મદદ મળે યા ન મળે તેા પણ હોંદે યુદ્ધિવાદ અને સામ્યવાદથી બચી લેશે. સમાજવાદી હોંદે આક્રમણકારને કોષ્ટ પશુ પ્રકારે મદદ નહિ કરે.

અંદર બહાર મથુરા

દીનીડાડની સનાતન ધર્મ મહાસભા ના પ્રમુખ ૧૯૪૪ થી પોર્ટ ઓફ સ્પેન ની સીટી કોલેજીના સભ્ય અને 'ધ ઇન્ડિઅન' પત્રના તંત્રી શ્રી અંદર બહાર મથુરા યુનાઇટેડ કોંગ્રેસ ભવન ન્યુયોર્કથી પસાર થયા હતા. ૧૯૧૧ થી રાજકારણમાં આગળ પડતો ભાગ લઈ રહ્યા છે. મોન્ડેગોમેની ધરિસદમાં દીનીડાડના મથુરાના પ્રતિનિધિ તરીકે મળ્યા હતા અને રોમનેટીક વર્કસ યુની વનના અને દીનીડાડ અને ટોમેગોમાં જનરલ સીરિસ' યુનીવર્સના પ્રમુખ છે. ૧૯૪૪ થી ઇન્ડિઅન રીડીંગ કમિટીના પ્રમુખ છે અને પોતાની કોમમાં તેમજ ટાણના સઘળા લોકોમાં જાણીતા છે. તેઓ નવા બંધારણ વીણે અને ઇંખાન્ડેશન કાયદામાં કેટલાક ફેરફારો મારે, કેળવણીની નીતી અને સઘળાને દાકતરી અને હાંતાના દરદની મદદ સાર વાર આપવા બાબતની કોલેજીયલ ઓરિસના સભ્યો સાથે વાઘવાટ કરવા લાડન જઈ રહ્યા છે. ન્યુયોર્કમાં તેમણે શ્રી. બી. કે. નેડર, જે ૧૯૪૯માં દીનીડાડ ગયા હતા, તેમની મુલાકાત લીધી હતી અને હોંદના કંગ્રીશનર અને કોમ વચ્ચેના સંબંધ વિષે અને ઇંખાન્ડેશન રાજ કાયદાના પ્રતિનિધિ, જે દીનીડાડમાં વસવાટને હક ધરાવતા હોંદીઓપર યુદ્ધિવિતો નાખનારા છે, તે દુર કરવા બાબત અને જે હોંદીઓ પોતાના નજીકના કુટુંબીઓને મોલોવવા માગે છે, જે બાબત તેમની સાથે ગચાં કરી હતી, દીનીડાડમાં જન્મેલા ઇન્દર બહાર દુર સાંબ, ન્યુયોર્ક પાતાના હોંદના કોન્સેન્સનર અને સ્થાનિક ઇન્ડિઅન કોન્સેસીવ ઓસેસીવેસનાં માછ પ્રમુખ

તરફથી તેમના માનમાં મેળાવણ થયા હતા.

સીસીરિના તોડાને

વીકાગો નજીક સીસીરિમાં નીચે વીરૂદ્ધ દુક મુદતપર તોડાને યથાં હતાં તેના સંબંધમાં જુલાઈ તા. ૧૫મીનું 'ન્યુયોર્ક ટાઇમ્સ' લખે છે:

સીસીરિમાં થયેલી યુગ્ગામીરી, જે નીચે પ્રત્યેના ઝેરથી ઉદ્ભવી હતી, તે આખી પ્રવને લાંબન લગાડનારી છે. આપણામાંના ઘણા સીસીરિને યુગ્ગાઓ ના ધામ તરીકે જાણીએ છીએ. ઝેરથી જે તોડાનેથી અને જે હદ સુધી યથાં તેથી આપણને વાળખી યા ઝેરવાળખી રીતે આશ્ચ નથી થયું. સીસીરિના સારા લોકોમાં જે જરણે મૌરવ હોય તે તે બતાવી આપવાનો વખત આવી લાગેલો છે હમણા હમણામાં આ દેશમાં જતની સંબંધોમાં સારી પ્રમતી મળે છે. આપણે સૌ સમજીએ છીએ કે એ સવાલ બહુ સહેલા નથી અને તેનું સુખદાયી સમાધાન લાવવાને ધીરજ, સહિષ્ણુતા અને ઘણાં જ ડહાપણની જરૂર છે. લોકોના મન અને હૃદય કાઠવથી કે કોટના ફરમાનોથી બદલી નહિ શકાય. આપણે જે શીખવાયું છે તે એ કે આપણા માનવમુખો સાથે સુવેદ સંપ અને સમજીતીથી શી રીતે રહેવું, સીસીરિના જેવા બતાવે આપણને પાછા પાડે છે અને હબથી ઓમાં નીરાસા ઉપવ્ર કરે છે. જે અન્યું છે તેથી જે તેને કુ:ખ યાપ તે તેને મારે તેને વાળખી કારણ જે આપણે એટલીજ આસા રાખીએ કે આ બનાવને મારે તેઓ આ દેશના હબરથી મોકો, જેઓ આવાં બતાવેને અસહ્ય મળે છે, તેઓને જવાબદાર નહિ જ મળે.

અમેરીકાની ઝેરીયા પ્રત્યેની વલણ

દોહીની યુનિવર્સીટીના ઇકોનોમીકીસ ના પ્રોફેસર, પ્રોફેસર વી. કે. આર. વી. રાવ 'સેટરડે રીબ્યુ'માં લખે છે: "ઝેરીયાનો માનમાં વહેમ વેદા થયો છે કે, યુનાઇટેડ સ્ટેટ્સને ઝેરીયાની આર્થિક પીડાસવળીમાં કે ઝેરીયાના લોકોનું જીવનનું ધોરણ સુધારવામાં ખાસ રસ નથી. પરંતુ અમેરીકાના લાભમાં જ નહિ પરંતુ રશીયાની વીરૂદ્ધ અને હવે ચીનની વીરૂદ્ધ પોતાની કરદેસ નીતી વધારવાને તેને ઉપયોગ પ્રદાન થાય છે. ઝેરીયાના લોકોએ જે ઝેરી આસા સેની હતી કે, નિરાળા

રહેવામાં નહિ માનનાર અને ઝેરીયાના પરા લેનાર અમેરીકા પોતાના આર્થિક બળને ઝેરીયાના લોકોને પોતાની આર્થિક સ્વતંત્રતા સિદ્ધ કરવા ને મદદ આપવામાં ઉપયોગ કરશે, એ પડી બાંધી છે.

પ્રોફેસર રાવની વાતનાં સમર્થનમાં 'સેટરડે રીબ્યુ'ના તંત્રી નોરમન કાન્ડીન્સ લખે છે કે, "આને ઝેરીયા, યુરોપ, આફ્રીકા, અમેરીકા સઘળા દેશોના તત્વનાતીઓ અને નીચારકોએ માનવ રિયલિટી દ્રષ્ટિએ વીચાર કરવાનો છે. આને ભૌગોલિક બાબતની નહિ પરંતુ માનવીના બાબતની વાત કરવાની છે. વિશ્વના હિતનો વીચાર કરવાની જરૂર છે."

હોંદે રવાના થયેલું ઘઉંનું પહેલું શીપમેન્ટ

જુનમાં રીંદે રવાના થયેલાં ઘઉંના પહેલાં શીપમેન્ટ વિષે શ્રીમતી વિન્યા લક્ષ્મિ પંડીતે, કેરલ બાણ્ય 'ઇન્ડિઅન ટુડે' એ પ્રસિદ્ધ કર્યું છે, તેમાં તેમણે જણાવ્યું હતું કે:

કાશમીરનો સવાલ અને ધ્રીટન

લાર્ક તા. ૨૬ મીના પત્રમાં 'ટાઇમ્સ' ઓફ ઇન્ડિઆ' એક અગ્રવેખમાં નીચે પ્રમાણે લખે છે:

"...મોટા જાગના મુસ્લીમોને કાચ મીરમાં રાખી ચકામ એ આધારે બધા બંધારના દેશો, અને તેમાં જે ખાસ કરી ધ્રીટન અને યુનાઇટેડ સ્ટેટ્સ જેનું માની બેઠેલા છે કે પાકીસ્તાને આ દેશપર આપોઆપ જ હક છે. ચાર કરોડ મુસ્લીમો હોંદમાં છે તેમ છતાં તેઓ આના નિશ્ચય પર કેમ આતા રહે છે એ આભળના કાતાવાવાના વાત વરણમાં એક વધુ અમતકારક વસ્તુ છે. 'મેન્ચેસ્ટર માર્ડીઅન', જે કાશમીરની બાબતમાં માણી કરીને હોંદના વીરોધ કરી રહ્યું છે, તે પણ હવે કમ્બુ કરે છે કે, "પાકીસ્તાને પોતાની હોંદી લઘુ મતીને રાખેલી છે તેના કરતાં હોંદ પોતાની મુસ્લીમ લઘુમતીને વધારે સારી રીતે રાખેલી છે." આ સમજ, જે હે ઘણી જ મોડી પડી છે, છતાં મદલ ની છે. આ પત્ર અચકાતાં અચકાતાં વળી ખીલ પશુ શોષ કરેલી છે કે, "હવે જ્યારે અમેરીકા પસેથી વીસ લાખ ટન ઘઉંની ધીર ગોળવી રહ્યું હતું ત્યારે પાકીસ્તાનના પ્રચારકો મદલ પ્રત્યેના વેડી પાડવાનો પ્રયત્નો કરી રહ્યા હતા અને એવું સમજવી રહ્યા હતા કે હોંદને અમેરીકાના ઘઉંની કશી જરૂર નથી અને હોય તેા પાકીસ્તાન પાસેથી તે ખરીદી શકે છે. 'મેન્ચેસ્ટર માર્ડીઅન' જ્યારે કદ્યં જાણ્યું જ નહિ હોય તેમ, લખે છે કે પાકીસ્તાન રામે

ત્યારે જે મીટીના હાથ લંબાવે છે તેને મારે હોંદના કરોડો લોકો ઘણાં જ આમારી થશે. હોંદના સ્વાતંત્ર્ય સંચામ વખતે અમેરીકાએ હોંદને અનેક રીતે મદદ કરી હતી. અમારા બધા દેશમકતોને અમેરીકામાં આશ્રય મળ્યો હતો. આને હવે જ્યારે આર્થિક મદદ નો સવાલ આવ્યો છે ત્યારે અમેરીકા એ જે રીતે તેનો પ્રત્યુત્તર વાળ્યો છે તે રીતે જ વાળશે એ વીણ મને જરાયે શંકા નહોતી. યુનાઇટેડ સ્ટેટ્સની જનતાએ પોતાનું 'બહેણું' દિત્ત કરી બતાવી આપ્યું છે. અમેરીકાની પ્રમ, બોલેસ અને જુદી જુદી સરકારોનો આભાર માનવા સાથે અમેરીકાએ જે અમને મદદ કરેલી છે એ અમે કદી ધુલી રાકવાના નથી. તેઓએ આ મદદને ઉતોછત કરેલી છે એટલું જ નહિ પરંતુ અમેરીકાની પ્રમના આદરેલાં માં અમારી શ્રદ્ધાને પણ ઉતોછત કરી છે. સ્વાયંત્રતામ કરીને તેઓએ આર્થિક સ્વતંત્રતાની અમારી લડતના ખીલ લખાકમાં અમને મદદ કરેલી છે. આ પશુ બન્ને દેશો વચ્ચેની મીત્રતાની માંડને તેઓએ વધારે મજબુત બનાવેલી છે."

તેા "આ આરોપ જે અરો હોય તેા ઘણો જ શોચનીય મણુપ." ધ્રીટન અને અમેરીકા સહીત દુનિયા આખી ને ખુબર છે કે આ વસ્તુ કરી છે, એક ટીકા કારે જણાવ્યું હતું તેમ, "કરોડો નિર્દોષ મુસ્લીમોને મારી નાખ વાના કરાંમીએ વોશીંગટનમાં પ્રત્યેના કરવામાં કશી ખુશી રાખી નહોતી." ને કે સદ્બાણે તેના એ પ્રત્યેના નીષ્ણ નીડાયા હતા. હોંદને કારણે કરવાના બંધીર કારણે છે. એ વસ્તુ અટલી મોડી કમ્બુ કરવાના કરતાં 'મેન્ચેસ્ટર માર્ડીઅન' અને અમેરીકા અને ધ્રીટનના અન્ય અખપારોએ હોંદ વીરૂદ્ધના પોતાના પ્રચારે કરાવ્યામાં કરેલી ઉચ્ચેણી સાંત પાડવાના ને વહેમાં પચમાં લીધેલાં હોત તેા વધારે સાંઈ ગણાત. હવે જ્યારે પોતાના કાળી મુસ્લીમ કુખરિણીઓ તેઓની સામા ખડાં થયાં છે ત્યારે ધ્રીટનન અખપારો (મેન્ચેસ્ટર માર્ડીઅનની અલગવેલી વલણ જે તેના નજીક હોય તેા) છે. પાકીસ્તાનેને સમજાવવાને ઇન્દર યથાં છે કે, "જે સુદ ઘરો તેા એ હોંદને બંધારથી બહુ શોડું રક્ષણ મળશે." આ હતાપણ જે કે બહુ મોડે આવ્યું છે. ઇડાં આકારદાયક છે. હોંદનું બળ સાંતી અને ધીરજ રાખ વામાંજ સમાયેલું છે અન આવતા કરોડીના દીસરોમાં સરકાર તેમજ પ્રમજે પાકીસ્તાન કે અન્ય સ્થળેએથી એને તેની ઉચ્ચેણીમાં ધાપ તેા પખ તે છેડામાં નહિ જોઈએ.

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પોષણના અભાવથી આપણે પડતો ભોગ

થઈ હતી. અને યાજ્ઞની મોટા ભાગ ની આફ્રિકનો પાસેથી ગેરકાયદે શાખવા માં આવેલા દારૂ પકડાયો હતા તેને અંગે થઈ હતી.

૧૯૫૦ માં દારૂ અંગેના યુનાઈટેડ મેટિ સન પારિલાઓનું પ્રમાણ નીચે મુજબ છે.

દારૂડીયાપણા સહીત સંઘના યુના	દારૂડીયાપણા ના યુના
ગોરા ૦.૫ ટકા	૦.૪ ટકા
આફ્રિકનો ૨.૨ "	૦.૪ "
એશીયાટીક ૦.૭ "	૦.૪ "

૧૯૪૭ ની આખરીમાં પોષણના અભાવથી યુનીયનને વાર્ષિક ૫૦. ૧૬૫ હજાર પાઉન્ડનો ખર્ચ થયો હતો. -પંદર લાખ પાઉન્ડનો દારૂતરી ખર્ચ અને ૧૫૦ હજાર પાઉન્ડનો એક લાખ ગોરા અને ૪૫૦ હજાર બીન-ગોરા દેશન નોકરીપરથી ગેર-હાજર રહેવાથી તેટલા પમારની અને ઉત્પન્ન થતી ખોટ એ ઉપરાંત ૧૬ થી ૪૦ ટકા ગોરા અને ૩૨ થી ૯૦ ટકા આફ્રીકન નિશાળના ઠોકરાં એ એ વખતે ઓછાં પોષણથી પીડાતાં હોવાનું અંદાજવામાં આવ્યું હતું.

નિરંતર વધતા જતા રહેણાંચના અર્થથી પોષણ આપનારો ખોરાક (ખાસ કરી કેરીનો) જેઓને માટે સૌથી વધારે જરૂરી છે, તેઓને મેળવવા વધારેને વધારે મુશ્કેલ થઈ પડવાથી આને પેટ પુરતો ખોરાક નહિ પામતા લોકોની સંખ્યા સાથે આફ્રીકામાં અનેક ગણી વધી ગયેલી ગણી શકાય.

સાથે આફ્રીકન ઇન્ડીસ્ટ્રીઝ ઓફ રેસ રીસેશન્સે ડુંકે સમયપર કેરી તપાસપરથી જાણ્યું હતું કે, માત્ર રીડ (બ્રિટીશીસીગમ) અને આજી (આજી) માંબ આફ્રીકન કુટુંબોમાં માસિક ઓછામાં ઓછા જરૂરી ખર્ચ સામે કમોઈની ખોટ નીચે મુજબ થતી હતી: બ્રિટીશીસીગમમાં ૫૧. ૪-૧૭-૧૦ ધીરડીયામાં ૫૧. ૪-૧૫-૩. ૩-૧૧-૯. કુટુંબની માસિક આવકમાંથી ભાડાંનો અને આવવા જવાના વાહનનો ખર્ચ બાદ જતાં આફ્રીકની ખોટ ૩૫માં અને ખોરાકપર ૩૫ મુશ્કે પુરવામાં આવતી હતી. એ ૩૫ એટલેા મુકવેા પડતો હતો કે શારીરિક તંદુરસ્તી ટકાવી રાખવાને ઓછામાં ઓછી જરૂરીયાતો પછી પુરી નહિ પાડી શકાય.

આથી યુનીયનના આરોગ્ય ખાતાના પ્રધાને ઓછા ખર્ચે વધુ પોષણ આપનારો ખોરાક ઉત્પન કરવાની યોજના આ બંધી કાઢવી કે એવું બંધી અંદર થયું છે તે આજના વખતમાં ઘણુંજ આવકદાયક છે. આ દેશમાં અપોષણ નો નિરાશાનુક રીતે વધતાં પ્રમાણ ને પહેંચી વળવાની અત્યંત જરૂર વિષે અતિશયોક્તિ થવી અશક્ય છે.

કુટુંબનાંકરકે પ્રમથુા લોકોમાં એવી ખેાટી માન્યતા વર્તા રહેલી છે કે આફ્રીકન કાષ્ટાને માન આપી ચાલનારો નથી. ૧૯૫૦ માંબ માત્ર ૦.૦૬ ટકા આફ્રીકનો અંબીર યુનાઈટેડ મેટિ સન પામ્યા હતા. ૨૪ ટકા દારૂ અંગેને લગતા કાષ્ટાના બંગ માટે, અને ૨૧ ટકા નેટીવો પર અંકુશ મુકનારા પાસેને લગતા કાષ્ટા ના બંગ માટે સન પામ્યા હતા. આ વસ્તુ ૧૯૫૧ ના બહાર પડેલા

માસિક આંકડાઓપરથી મેળવવામાં આવી છે. દારૂને લગતા કાષ્ટા અંગેના યુના ૧૯૫૦ માં યુનીયનના દારૂને લગતા કાષ્ટાના બંગ માટે ૨,૮૩૮ ગોરા અને ૧,૫૭,૩૮૩ બીન-ગોરા સન પામ્યા હતા. આમાં દારૂડીયાપણા યુનેાને સમાવેશ થતો નથી. એ ઉમેરવામાં આવે તો સંખ્યા વધી ૧૭૪ ગોરાની ૧૪,૫૨૩ ની અને બીન-

ડાહ્યો અને મુખ

એ બંને મુલ્યલેક ઠોડી ગયા હતા. એક ડાહ્યો અને એક મુખ સ્વર્ગ ના દારૂ પર રાહ જોતા ઉભા હતા. સ્વર્ગનાં દારૂ ઉધાડનાર દેવ ફૂત આવતાવેત જ બંનેએ પોતપોતાની કેમિસિટ રચુ કરી.

બહુ ડહાપણથી વર્તવાને લીધે ડાહ્યાની આંખો તેજસ્વી લાગતી હતી. શરીર સ્વચ્છ અને બાંધો સુઝોળ લાગતો હતો. મુખની આંખો ઉડી ઉતરી ગઈ હતી, શરીર વળી ગયું હતું અને અંગ દારૂકાંબોધી રેકરાએ તથા માંસવિહીન ખાણેથી બરેહું હતું.

ડાહ્યો અભિમાનથી કહેવા લાગ્યો: 'આંખોને તુકસાન ન થાય એટલા માટે હું કાળા કાચમાંથી મુખ તરફ જોતો હતો. ન તો બહુ ડુંકું કે ન તો બહુ ગરમ એવું પાછળી નાહવા લેતો. મેં કંકશ અવાજ સાંભળ્યા નથી. ફુગાંધને નાક પાસે અવવા દીધી નથી. કદી બહુ ઉંચે ચડ્યો નથી. કદી યે બહુ દુર ગયો નથી.'

મુખે કહ્યું: 'એ મુખ, આમ ન કર, આમ ન કર' એમ આજુ જગત કહેતું તોયે મેં પ્રખર મુખ સામે એકાદશી જોવાનો પ્રયત્ન કર્યો. તેજના સર્વ પ્રકાર જોયા વિના મારાથી ન રહેવાયું. ડંડી અને પવનમાં, તોફાન અને વર્ષામાં ઉધાડે શરીરે હું ર્યો. માંસ યીજ જ્ય એવી ડંડી માં અને શરીરને તરણા જેમ ઉઘારી દે એવો પવન કેવો હોય છે એ મારે જોતું હતું. અગ્નિની લાલબીળી જ્વાળાઓ પકડવાનો પ્રયત્ન કરી મેં હાથ ધાળ્યા. ઉઘા પવંતો મઢી મારા પગ યાદી ગયા પછુ અમાધ દરિયા અને દુરનાં શિતિજ જોવાનો મારો મોહ અનિવાર્ય હતો.'

ડાહ્યોએ કહ્યું: 'આવું માંડપણ મેં કદી યે નથી કર્યું'. મારી તરફ જુઓને ને જોની તરફ જુઓ.'

બંનેનું કહેવું શાંતિથી સાંભળી લીધા પછી દેવકુતે કહ્યું: 'હું ક્રમત આત્મા જોષ તમને અંદર જવા છશા.'

એમ કહી એણે ઝડપથી ડાહ્યાના કાળજમાં હાથ નાખ્યો અને તેમાંથી એક કાળો પથ્થર બહાર કાઢ્યો.

'આ જોને તારો આત્મા!' દેવકુતે બોલ્યો મુખના કાળજમાં એણે હાથ નાખ્યો અને આત્મા કિરણોથી અગમતો એક હીરા બહાર કાઢ્યો.

'આ તારો આત્મા!' એમ કહી એણે દરવાજે ઉધારી મુખને અંદર લીધો અને ધણ કરી દરવાજાને બંધ કર્યો.

—અખંડ આનંદમાંથી.

વિવિધ

ભારત. આઝાદ દિન
૧૨મનાં સુરત ઢાંકુ એમેસીએશન અને કાડીઆવાડ ઢાંકુ સેવા સમાજના મુંબકત આશરા કલ્પ તા. ૧૫મી ઓગસ્ટના રોજ ભારત આઝાદ દિન ઉજવનામાં અંગેએ હતો. વરસાદ અને ઠંડી હોવા છતાં માંધી કોલ મીકાર ભારાઇ ગયો હતો. મેળાવડા ની શરૂઆત ૯વન અને પ્રાર્થનાથી કરવામાં આવી હતી. પ્રજાખરયાન ડો. એન. પી. દેશાઇએ લીધું હતું. સુ. હિ. એમેસીએશનના પ્રમુખ શ્રી. ગોવત્તભાઈ મણીભાઈએ રાષ્ટ્રીય બાવના, શ્રી. શાંતીલાલ જે. મહેતાએ સ્વતંત્રતા પછીનું ભારત, શ્રી. એલ. પી. પટેલે ભારતની સ્વતંત્રતાની આપણા ઉપર અસર, શ્રી. નીતમશાલ મહેતાએ રાષ્ટ્રીય મહાસભા, અને ડો. એન. પી. દેશાઇએ સ્વતંત્રતા પછીનું મુજવાત, એ વિષયો ઉપર વિવેચનો કર્યાં હતાં શ્રી. નરદેવ વેદાલકારે કલાની ભારતની પરિસ્થિતિ વિષે પ્રવચન કર્યું હતું. બંને સંરથા ઓની શુભરાતી શાળાના તેમજ શરદા સંગીત મંડળના બાળકોએ અને કન્યાઓએ સસંગને લગતા આકર્ષક રાષ્ટ્રીય ગીતો, ગરથા અને સંવાદો રચુ કર્યો હતાં. બાદ રાષ્ટ્રગીત અને શાંતી પઠ સાથે મેળાવડો વિસર્જન થયો હતો.

શ્રમ યજ્ઞ
કાડીઆવાડમાં પાલીતાણા પાસેના કાચરિયા ગામે દેવશરાની એકાદશી શામસંક્રાંતિ કરીને ઉજવી હતી શ્રમ યજ્ઞ હારા તેમણે કન્યા એવેડા સાક કર્યો અને ડામનો ગાડા માટે પથ્થર મોરસ નાંખી દુરસ્ત કર્યો. શ્રમ યજ્ઞની મુશ્કેલી કુટી તેમણે ધ્યાર બાજન અને સામથુન દારૂ કરી. અંતમાં ધ્યારે ગામ પર રાંચે વરસાદ વરસાચો જેની ખુશ જ આતુરતાભરી રાહ જવાઈ રહી હતી.

ભારતીય વિદ્યાભવન
મુંબઈમાં ભારતીય વિદ્યાભવનના નવા ટુલ વર્ગીનું ઉદ્ઘાટન કરતાં, બવનના સ્થાપક અને ભારત સરકારના કુવિધા ખાતાના પ્રધાન શ્રી. કનીયાલાલ મુનશીએ, ભારતીય કલાના વિકાસ અર્થે હરહંમેશ, નવી પદ્ધતિ, નવા કલાકારો અને નવાં કલાશૃંગો પેદા કરતા રહેવાની જરૂરત ઉપર ભાર મુક્યો હતો. ભારતીય વિદ્યાભવને તેની દોઢ વર્ષની વિવિધ પ્રદર્શનો દારા ને સિધ્ધિ પ્રાપ્ત કરી છે એ અંગે શ્રી. મુનશીએ સંતોષ વ્યક્ત કર્યો હતો અને જાણવ્યું હતું કે, તાજેતરમાં દિલ્હી ખાતે યોજાએલા એક કલા સંમેલનમાં ભારતીય વિદ્યા-ભવન તરફથી મેળવએલા તથા સર્વેને ઉત્તમ લાખ્યા હતા આ રીતે બવને અને એની કલાએ કીર્તી તો સંપાદન

ગોરાની ૨,૨૩,૬૪૭ ની યાજ	કેપ કલડો ૩૦૮ ટકા	૨૦૮ ટકા
આફ્રીકોની આ કુલ સંખ્યા મુજબ આમાં યુનીયનમાં આવા યુનેાગોરાની રોજની સંખ્યા ૫૦૦ ની યાજ છે, પરંતુ આફ્રીકોની કુલ વસતી ગણવા માં આવે તો ૨.૨ ટકા નેટલી-યાજ છે.	૧૯૫૦ માં યુનેાગોરાની ૨,૩૮,૧૮૭ ની કુલ સંખ્યા એ વર્ષમાં સઘળા યુના માટે યએલી સમ્બાઓના ગોથો ભાગ યાજ છે. એ કુલ સંખ્યાનાં ત્રીજા ભાગની સળ દારૂડીયાપણા માટે	૧૯૩૯ ૧,૧૧ ૧૯૪૨ ૧,૦૦૮ ૧૯૪૫ ૯૦૧ ૧૯૪૮ ૧,૩૬૩
	ગોરા બીન-ગોરા	૧૯૨૧,૨૧૬ ૧૦,૧૧૦ ૧,૧૬,૮૮૨ ૧,૪૦,૦૪૦

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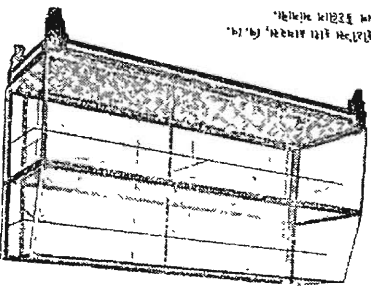
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