

PUBLIC HEALTH

IN

INDIA

BY

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TO MY WIFE

**Without whose encouragement and active assistance
these pages would not have appeared in print.**

Prefatory Note.

This little volume goes out without the least anxiety as to whatever reception awaits it. It deals with the Public Health conditions of our people as I find them and how I consider they should be. Some of the material has been collected from the articles contributed to local papers and from papers read here and abroad. I have, however, added a good deal of matter relating to the problems of health in order to make the book useful to the general public, social, maternity and child welfare workers nurses, college students and even general medical practitioners.

In spite of the great care, errors and imperfections have crept into the printing and of these I am mindful, for they merely reflect the economic life of our people. In spite of all, I offer my thanks to all the pressmen employed in the little Anarkali press and the publishers who helped to bring this task to completion.—N. R. D.

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Introduction

Born in a small village of the Punjab, I lived and played in my childhood in rural surroundings, being brought up in one of the poor, but disciplined, middle-class homes where our mothers ground the corn for our food, tended and milked the cow with scrupulous cleanliness, cleaned the house, claywashed the floors, bathed their children, prepared and washed household linen and clothes for the family, cooked the food, and, in short, performed all those hundred and one household duties which only mothers in such circumstances find time to attend to.

As a student I lived until the age of twenty-three in several towns of the Punjab, and I have a vivid recollection of the habits and customs of the people, the daily routine of life, the withering hot winds of June, the fan-less homes and ice-less drinks of summer, the oppressive heat of the monsoon days, the biting cold of winter, and the illnesses from which none escaped.

Circumstances kept me in England for 28½ years of the most active, and perhaps the most useful part of my life. Those years I spent as a medical practitioner, besides being for twenty years a part-time Medical Officer of Health in an Urban District of Lancashire. Keenly interested in Public Health problems, it was but natural that on my

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