

REVIEW.

Arokia Deepika.—A Tamil medical monthly edited by Dr. U. Rama Rao.

Health is a primary consideration with all individuals and it is common knowledge that agriculturists in this country in spite of open air, fresh food and invigorating work suffer equally with the urban population from maladies which are preventable. It is essential that they should be made fully aware of the conditions which can maintain people in health and keep them free from diseases. We therefore welcome the publication in Tamil of a monthly journal known as "Arokia Deepika" by Dr. U. Rama Rao, M. L. C., Madras. We are glad to know that with a view "to afford an opportunity even to the poorest to subscribe for it," the annual subscription has been fixed at Rs. 1-8-0 and remittance should be made to the Manager, 'Arokia Deepika' 323, Thambuchetty street, Post Box 166. George Town, Madras. We congratulate the doctor on his patriotic effort. This is not his first attempt. His English monthly "Health" which is about a year old is already very popular amongst the English knowing public. We hope that, under his Editorship, the "Arokia Deepika" which supplies a distinct want will flourish and continue to serve the public, the promotion of whose welfare has been his chief concern, since the days of his collaboration with the late lamented Dr. T. M. Nair, in the publication of the "Antiseptic".

GLEANINGS.

Banana Coffee.—A scheme for the development of Norfolk Island by growing bananas and turning them into coffee has been brought to Sydney by an American dehydration expert. "Banana Coffee" is simply the banana dried, roasted, and ground. It smells just like ordinary coffee. The fruit must be well matured and of good flavour.

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Catching Cold. You never catch cold through the nose, though this organ is most demonstrative once you catch cold. You catch cold—or the cold catches you to be more correct—through the body.

T. S. V.