

## STUDENT NURSES PAGE

### Aarey Milk Colony

by

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Milk, the food of life, food which is essential in sickness and health, is obtained from the Aarey Milk Colony.

The Aarey Milk Colony, one of Asia's largest milk producing schemes, is situated on the outskirts of Goregaon, at a height of 183 ft. above sea level.

The entire colony consists of 26 units and each unit has 501 animals.

There are four types of buffaloes reared in the colony. The animals stay in sheds which have very high roofs to protect them from the tropical heat. The form of sanitation is very well maintained. There are two main drain pipes from which the urine etc. drain collectively. Antiseptics such as sodium hypochlorite are used to disinfect the drains. The animals are also very well looked after.

Each unit has a segregation ward. When animals come from outside, they are not allowed to stay with the other animals for fear of conveying infection. They are kept in wards, segregated from the other animals for three days, after which they are examined by the veterinary surgeon for any diseases. The animals in the Aarey Milk Colony are a source of good health. When we look at the healthy animals, we can feel assured that the milk we drink everyday is good and nourishing.

Each buffalo is entitled to 15 lbs. of ration per day. It consists of pulses 4 lbs., salt 2 oz., gowar 2½ lbs. cotton seed 1 lb., bran 2 lbs. and other ingredients.

The buffaloes are massaged individually every morning and bathed well after which they are sent to their own units.

There are six milkers for each shed. Milking time is 3.30 a.m. and 6.30 p.m.

Great care is taken in maintaining the rules of hygiene whilst milking the buffaloes. The udders are well cleaned and any negligence on part of the milker or if any buffalo is found dirty, all this ensues a penalty ranging from Rs. 100/- upwards on the owner of the unit. Apart from all this there are maternity wards in each unit.

There is also a calf farm where all the calves are kept.

Leaving the animals, we go to the place where the milk is pasteurised. Pasteurisation is a process by which the milk is rendered free from germs but the vitamins are not destroyed.

The milk is brought in cans, weighed and conveyed by means of pipes to a chamber upstairs. The milk is then conveyed to storage tanks having a capacity of 250 mds. From there the milk is conveyed to the pasteurisation chambers which consist of a huge machine with three chambers containing hot water, chilled water and the middle chamber. The milk passes from the middle chamber to the hot chamber where it is subjected to a heat of 155°F for 15 seconds and then sent to the cold chamber which has a temperature of 40°F. The idea of the

sudden change in temperature is to destroy the germs.

The pasteurised milk is then sent to the cold storage tank where the milk is bottled and capped.

The mechanism of bottling is very interesting to see.

The bottles which are not chemically clean are cleaned by means of machines. The sterilised bottles move in rows down a chain-like belt which takes the bottles to the filling machine that fills the bottles. Then the bottles are transferred to the sealing machine where they are sealed with blue and silver coloured caps and sent to the cold storage chamber.

Forgetting the noise and clattering of bottles and machines and the mooing of the buffaloes, we can ascend to the observation point which lies at the summit of the colony. The beautiful flowers, the terrace garden and the ancient Ashoka Tree all help in adding to

the beauty and charm of the Aarey Milk Colony.

Apart from all this, the Aarey Milk Colony is of great economic importance. Firstly, it helps in solving the labour problem of India because it employs thousands of labourers to carry out the process of milking, animal husbandry etc. Secondly, it solves a food problem. In a place like Bombay where the means of living is high and the income of the people low, people are unable to buy pure milk. The Aarey Milk Colony serves a double purpose of supplying pure milk at a low cost. Thirdly, it heightens India's trade by producing milk products such as butter, powdered milk, etc. thus raising the standard of trade.

I conclude that the Aarey Milk Colony is both beautiful according to a poet's view, economically important according to a politician's, and hygienic according to the principles of public health.

#### Hindi Section — (Contd. from page 171)

थी—ट्रेन किया। अपनी ड्यूटी पर काम करती हुई यह मर गयी क्योंकि एक बीमार से उन्हें टाइफस हो गया था।

**श्रीमती बेडफोर्ड फेनविक**—इंग्लैंड में इस धन्धे का संगठन और नर्सिंग में सुधार करने के काम में यह अग्रदूतों में एक थीं। छोटी आयु में इन्हें ट्रेनिंग मिली और लंदन के सेंट बरथोलम्यू के अस्पताल में २४ वर्ष की उम्र में मैट्रन नियुक्त की गयीं। यहाँ इन्होंने नर्सिंग का एक बढ़िया स्कूल स्थापित किया और उसे विकसित किया।

ब्रिटिश कालेज आफ नर्सिज की वह संस्थापिका थी और ब्रिटेन में नेशनल काँसल आफ नर्सिज की वह प्रेजिडेंट थी। इन्हीं के विशेष प्रयत्न से १९१९ में नर्सिज रजिस्ट्रेशन एक्ट पास हुआ था। इस धन्धे के क्षेत्र में इन्हें रजिस्टर्ड नर्स नम्बर १ कहा जाता है। **ब्रिटिश जनरल आफ नर्सिंग** भी इन्हीं का चलाया हुआ है। अपने नेतृत्व में इन्होंने दूसरे देशों की नर्सों से आई० सी० एन० में शामिल होने के

लिए कहा था। इस प्रकार यह अन्तर्राष्ट्रीय संस्था एक अन्तर्राष्ट्रीय शक्ति के रूप में विकसित हो गयी और नर्सिंग जगत् में इनका पर्याप्त प्रभाव और शक्ति थी।

कई देशों में बड़ी प्रगतिशील नर्सें हुईं। ऐसी नर्सें जिन्होंने संगठित रूप से नर्सिंग सेवा की और नियोजित नर्सिंग शिक्षा की स्थापना की। कई धार्मिक संस्थाओं की ऐसी नर्सिंग सिस्टर्में का हमें परिचय मिलता है जिन्होंने अपना सारा जीवन बिमारों की सेवा में लगा दिया। भारत में धार्मिक मिशन—प्रोटेस्टैंट और रोमन कैथलिक दोनों—इस काम के लिए प्रसिद्ध हैं। इन्होंने जनता में—विशेषतः गरीबों में—काम किया। भारत की इन मिशन-नर्सों में कई विशेष उल्लेखनीय हैं, जैसे, माननीय फ्लौरेंस मकनगटन—जो भारत में ट्रेड नर्सिज एसोसिएशन की संस्थापिका थीं। कांगड़ा की कुल्लूघाटी के कनाडियन मिशन अस्पताल से इन का सम्बन्ध था।