

spring of 1640, taking with her a supply of the precious bark, with the object of distributing it among the sick in her husband's estates, and making its valuable properties known in Europe. This powder was at first called "The Countess Powder" or "Pulvis Comitissae". After 1640 Cinchona became widely known. As early as 1640 Professor Barba of the Valladolid Academy published a pamphlet advocating the use of Cinchona as a remedy for fever. The nature and effect of Cinchona were carefully investigated by the command of the Pope Innocent X. These investigations were carried out and resulted in favour of the drug. Moreover in 1649 a considerable supply was obtained from Peru, and a meeting of the Order being then held and provided a suitable opportunity for distributing the powder far and wide.



THE HEALTH VISITORS' LEAGUE SECTION

The Honorary Secretary of the League, Miss M. Raynor, Red Cross Buildings, Egmore, Madras, will gladly receive reports and articles for insertion in this section.

A DAY IN OUR VILLAGE WORK

By Miss G. NONGKHLOV, Student at the Sir John Anderson Health School, Calcutta.

During our village training, one day we went to visit a far-distant village called Gangrai, in a dinghy, to give lantern lectures. We started on our journey about 1 p.m. on a Monday and it took us about 3 hours to get there. It was very nice going along the canal in the dinghy and all the way we met crowds of villagers coming to the bazaar towards our own village, Khaurapukur, in those country boats, which they make out of a palm tree. When the tree is old, they fell it and hollow out the middle part. The root of this tree is bigger than the edge, so they keep the larger part in front and the smaller part at the back. Their boats were filled with many things to sell in the market, such as rice, vegetables, fish and fruits. In the evening time, the women row, when they go back to their homes, and in the morning time, the men row, because they want to reach the market in good time. When we saw the men sitting and the women rowing, we asked them why and they said that they all hired the boats so everybody must take their turn at rowing. It is very nice and pleasant to go in these dinghies. During the first part of the journey, we went through the canal, but after some time, we left the canal and went through paddy fields on both sides, nothing else but paddy. The way through the paddy fields is very narrow and all the time we were being whipped by the paddy. The water here is not very deep, because

this part is flooded only during the rainy season and all the water from the canal flows to this side when the canal is full; so for six months it is full of water and for six months there is no water; all the water dries up and they cannot use their boats. When there is no water in this place, the people walk from Gangrai to Khaurapukur on foot. The canal itself is guarded by 32 gates, so if these gates open, the whole place, *i.e.*, Khaurapukur and other villages nearby will be flooded. All along the ponds, canal, etc. we saw small children fishing and they catch fish very easily; also we saw small children rowing; it is very interesting to see small children so expert in their work. From their childhood, they are taught all this hard work and they are so healthy and strong, though their home conditions are very poor. Still they are healthy because they spend most of their time out of doors and they go about naked.

Gangrai is just like an island, surrounded all round by water. The people are very nice and friendly; they themselves come and ask us to visit their homes and when we go to their houses, they welcome us and do their utmost to make us feel comfortable.

In the evening, when we had the magic lantern lecture, as well as the lectures, many people came and they were so pleased to hear about it all, both men and women, and most of the male members went home and sent their women, who were very pleased to hear it too. Also after a few days we saw the result in some places, for when we were in Khaurapukur again, a pregnant mother came herself from Gangrai for some advice, because her sister-in-law had heard all the lectures that our students gave about the ante-natal mother, so she told her and both of them came to Khaurapukur 3 or 4 days after with her husband, because this mother is in trouble. Also afterwards, one day I heard a Health Visitor enquiring from some ante-natal mothers about one who had been confined; she asked who had conducted the case and one woman said that a dai took the case. Then she asked her how she cut the cord and with what and was told that the dai washed the instrument, which they used in the village for cutting the cords, in clean water, before she cut it and kept it in some bowl. This mother said that was because she heard from the lectures, which were given in another village, about all these things, how do things in a clean way; only she made a mistake in not boiling it. I find that regarding Health work, we can teach the villagers better than the town people, though they are ignorant, but they listen and they try their best to follow our advice.

They only saw the pictures once and heard the lectures once only, but still they are trying to follow our advice. I heard from another mother, when we were visiting, that a dai had attended another case and cut the cord with scissors. She boiled them first, then after cooling them, she cut the cord.
