THE HOME AND HEALTH IN INDIA
AND THE TROPICAL COLONIES

PART I.—MAKING THE HOME

CHAPTER I

CLIMATE

The climate of a place in the tropics does not depend entirely on its position with regard to the equator; for certain modifying influences may come into play which affect it for better or worse. Consequently a district lying directly under the equator may be comparatively cool and healthy, while another, situated at a considerable distance north or south, may be unbearably hot.

Height above the sea-level has a great effect in lowering the temperature; stations on the hills may be quite cool, even bitterly cold, while the noonday sun is blazing overhead.

Districts near the sea are cooler than those lying inland at a low level; for the hot rays of the sun are tempered by the moist sea air.
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Moving currents of air are more endurable than those which are stagnant, and in seaside places, the evening breeze from the ocean and the early morning land breeze make all the difference to comfort.

Dry heat is more healthy than moist heat, which is debilitating; but a hot dry atmosphere has an undesirable effect on the nervous system and is especially trying to children.

The presence of sand or dust in the air is very irritating to the eyes, nose, throat, and lungs, and is one of the miseries of life in those hot and dry districts which are subject to dust-storms. A sand-laden wind, furiously blowing and making its way everywhere, is much to be dreaded, even though it may be followed by a short period of relative coolness.

Trees and vegetation suitably placed will pleasantly modify the temperature. Cultivated ground covered with herbage tempers a hot wind; but an arid treeless expanse accentuates the discomfort.

India

India is a hot country as any one who has lived in the steaming plains, year in and year out, knows only too well. The heat would at times be beyond endurance, were it not for the fact that it is in many places modified by local conditions, such as altitude, proximity to the sea, prevailing winds, moisture in the air, and the presence of forests and cultivated land.

Every variety of climate is to be found in India
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and though there are some districts in which, for climatic and other reasons, it is not advisable for a man to have his family with him, there are few stations in which it is not possible to make a comfortable and healthy home, where women and children can live during a great part of the year. People who are obliged to live in India rarely have a choice of station or district, but the cold weather at least can be spent most pleasantly in almost any station, provided that a suitable bungalow, in a good situation, has been obtained.

From the point of view of climate, India has been divided into two parts, the northern or continental, and the southern or peninsular.

The northern portion with the Himalaya mountains as a background to the north, has a definite cold or winter season and a hot summer. The western side is very dry, the rainfall being very much less than that of the eastern side, where the rain is excessive and the atmosphere very moist. Northern India has the distinction of having one of the hottest stations in the world—Jacoba bad in the north-west, and one of the wettest—Cherabunji in the north-east. The rainy season or monsoon lasts from June till September.

The southern portion, having the sea on three sides, has a moderately hot climate with very little variation between summer and winter—the heat is much less intense in the south than it is in the north, and the rain is more evenly distributed throughout the year.

In the zone intermediate between north and south
there is a gradual transition from one type of climate to the other.

*Seasonal Variations.*—The cold weather or winter lasts, in the north, from the middle of November till March. It is a really delightful time, with its bracing mornings and bright cool days. The air is fresh and exhilarating, and the delicate tints and soft atmospheric effects make the country very beautiful. In the extreme north the cold is intense, while in the Himalayan hill stations, the winter is like an English one with frost and snow. In the south there is no real cold, though the temperature falls below that of the hot weather. Bombay and Calcutta are scarcely cold, though the wind may at times feel chilly.

By March the sun has gained power, and in the middle of the month it may be really hot. Many families now go up to the hills, but in some localities it is hardly necessary for the migration to take place before April.

Those who have had no experience of tropical heat find it difficult to realize the discomforts of a hot weather in the plains. The long days, passed in the semi-obscenity of the bungalow, doors and windows closed, with perspiration streaming down the face and body, the wakeful, airless nights, with vain attempts to find a cool spot on which to lay the head, render life almost unendurable, even with the alleviations of electric fans and ice. In the mofussil, or out districts, where only hand-pulled punkahs are available and ice is often lacking, conditions are even worse; only work
and congenial exercise, with the feeling that life must be carried on and the knowledge that each one is indispensable, enable the ordinary man or woman to remain even moderately cheerful.

The hot weather drags on, until, in June or later, to the weary dweller in the plains, comes the longed-for monsoon—usually after several false warnings. Each day the brassy sky is obscured by heavy clouds which roll up from the horizon, and rain seems inevitable; but the clouds disappear and the unbearable heat continues. Clouds of insects come, apparently from nowhere, and in the evenings the lights are dimmed by tiny flies which in myriads dance round the globes, or carpet the tables with their bodies. At last, when hope is almost abandoned, with dramatic suddenness the rain comes down in Niagara-like sheets, and there is a fall in the temperature. All troubles are forgotten, as one gazes out over the landscape in a maze of wonder. It seems as if a magic wand had been waved over the scene. Within a few hours, a miraculous change has taken place. The parched grey-brown earth has become covered with a delicate film of green which seems to deepen in tint before the eyes. All nature delights in the change; birds and animals and children seem intoxicated. The evenings are gorgeous with the red setting sun, and the gold and purple clouds piled up like the ramparts of some aerial city.

Monsoon rains are truly torrential. Mackintosh and umbrella are of little use, and walking is almost impossible. Only in the dry intervals, or "breaks" in the
rains, can outdoor exercise be enjoyed. The periods of intermission are infrequent at first, but as time goes on they occur oftener and last longer, till by the end of September the monsoon is over. During the "breaks," it is hot and steamy, and October opens with a very moist and enervating heat. Towards the end of the month, though the temperature remains high, the atmosphere is drier, and life becomes more pleasant. The cold weather arrives with a rush in November, and winter, the most enjoyable season of the year, begins.

Climate in Special Localities

The North-West.—Peshawar, Lahore, Multan. Intensely hot in the summer, quite cold in winter, especially in the high frontier region. Rainfall not heavy.

Sind, Rajputana, and the Southern Punjab.—Summer hot and dry with wind and dust. Four months of very pleasant weather in the winter season, with cold nights. Low rainfall.

Quetta.—Moderately hot summer. Cold winter, with late spring at the end of April. Dry.


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Eastern Bengal and Assam.—Calcutta. A short cold winter, nights cool, days not really cold. Moist and hot summer. Heavy monsoon rainfall. Some rain about Easter-time, mitigating the heat, which is also tempered by the sea breezes.

Bombay.—Moderate heat in May and June, sea breezes making the nights bearable. Winter pleasant, not cold. Heavy monsoon rains.

Central India.—Very hot in May and June. A long and trying dry season becoming moister towards the monsoon. Moderate rains.


Madras.—Heat not excessive. Little distinction between hot and cold weather. Moist temperature. Rain distributed throughout the year.

Hill Stations.—These may be grouped into three groups, according to position, i.e.—

The Northern or Himalayan, including Simla, Darjeeling, Murray, Dalhousie, Naini Tal, Mussoorie.

The Middle, in which are Mount Abu, Mahableshwar, and other hill stations situated in the Ghats, near Bombay; Panchmari in the Central Provinces; Ranchi in Behar.

The Southern, in which are situated Ootacamund and Kodai Kanal on the Nilgherries.

Northern Group.—The climate of the first group closely resembles that of Alpine resorts. The winter
has ice and snow, with bright sunny days, and spells of inclement weather. The spring comes suddenly and is soon over. It may be chilly and wet, though it is a most delightful time with its flowers and budding trees. The summer is very pleasant; it is sometimes hot in the middle of the day, but the nights are rarely too warm. In the monsoon there is much mist, and the air is moist; the rain is occasionally very heavy; but the day rarely passes without sunshine, so it is usually possible to take outside exercise of some kind. The autumn, however, especially the month of October, which is so trying in the plains, is enchanting. The atmosphere is clear, and the views of the snows are beautiful beyond description; though the temperature is mild, there is a pleasant chill in the mornings, and the air is most exhilarating.

Simla, Darjeeling, Mussoorie, and Dalhousie are bracing except during the rains. Mussoorie is considered specially suitable for children. Naini Tal, beautifully situated in a hollow in the hills, is enervating as it is placed on the borders of a lake. Bungalows built at a higher level, on the surrounding hills, are healthier than those near the water. Murray is not as high as other Himalayan hill stations. It has a pleasant climate, and the rainfall is moderate.

*Middle Group.*—Of the more centrally situated hill stations, those on the Ghats are very pleasant in the hot weather; their altitude is not great, and there are no snow-covered ranges, though some of the stations have fine views. These stations are not as bracing as
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those in the Himalayas. The monsoon rains are excessive.

Mount Abu is beautifully placed on the Aravalli hills near Rajputana; it has a temperate climate. Panchmari is a hill station in the Central Provinces, on the Vindhyal range, and is most accessible for those stationed in Central India; it is little used by people living at a distance.

Southern Group.—The Southern hill stations have an equable climate all the year round. They are very popular as places of permanent residence. The Nilgherries are not high mountains, and are never snow-capped; but the country on which the hill stations are situated is beautiful, consisting of rolling uplands, well wooded and verdant.

Kashmir alone of the Indian hot-weather resorts escapes the monsoon. It has a cold bright winter with snow and ice. The summer is delightful, though it is unwise to spend July in the main valley, as the heat is moist and enervating. The hill stations are very accessible, however, and the higher valleys are the resort of a large number of those who like walking, riding, and camp life.

Burma

The climate of Burma resembles that of Eastern Bengal in being hot and moist. The winter is short but pleasant, though it is never really cold.

Rangoon and Mandalay have a very steamy hot weather; but there are healthy hill stations, such as Maymyo, within a little distance, to which European families migrate in the summer.
Ceylon

The climate of the coast is similar to that of South India. The higher altitudes of the interior are cooler. They are very beautiful and well wooded.

China

Northern China has a temperate climate, though in Peking the winter is very cold, and in all parts frost and snow may occur. Dust-storms are frequent and very trying.

Further south the summer temperature is uniformly hot, the average being between 75 and 85 degrees. The skies are cloudless and the sunshine brilliant. The rainfall is heavier in the south than in the north, and occurs during the summer months from May till October. There may be a little rain in the winter; frost and snow are rare.

Federated Malay States and Singapore

The climate is hot and moist, and there is an absence of any cold season, the average mean temperature being from 80 to 85 degrees. The nights are comparatively cool, the average temperature being from 70 to 75 degrees. Rain occurs throughout the year, but the rainfall is heavy during the monsoon, from September till April.

The country is not unsuitable to Europeans if they take precautions against infection, live healthy lives, and have a periodical change to a temperate climate. Women and children should not stay out too long, the latter not after five years of age.
There are government bungalows in the hills of the Western States, at a height of 1500 to 4000 feet. These can be procured when a change of air is necessary. There are also rest-houses in the hills; a sanatorium, from which sea bathing can be obtained, is provided by the government of Negri Sembilan on the west coast.

North Coast of Africa and North Egypt

On the coast the summer is hot and airless with cloudless sunny skies, and the winter is mild. There is no rain during the summer and very little in the winter.

Inland, the summer heat is greater and the winter is colder, so that in the mornings and evenings warm wraps are necessary. Cairo and Port Said are almost rainless.

South of Cairo, the summer is extremely hot, but the winter is very pleasant with brilliant sunshine and cool exhilarating mornings and evenings. The Khamsin winds from the south and south-east are prevalent in spring. They are hot and enervating and carry much dust. The best time of the year is from November till April.

Uganda

Uganda has an equatorial climate, hot, moist, and, for the most part, unhealthy for Europeans. It is quite unsuitable as a place of residence for women and children, though a few women do make their homes there.

Sleeping sickness occurs, and various tropical infections are frequent in Uganda.
Kenya Colony

Kenya Colony is situated on the equator, but, in its greater extent, the climate is so modified by altitude that instead of being tropical it is healthy and pleasant, with no extremes of temperature.

The low-lying narrow belt near the coast is moist and unhealthy except towards the north. Within the coastal zone is a strip of desert, quite dry except during the rainy season, when vegetation springs up and it becomes a jungle.

The elevated plateau and mountainous district lying further inland have a most delightful climate, very suitable for Europeans.

A large part of the colony is from 4000 to 6000 feet above sea-level. Some of the mountains are snow-capped, and Mount Kenya has several glaciers. The days are hot, but not unduly so, and the nights cool. There is very little difference between summer and winter temperatures. The rainfall is moderate, the driest part of the year being from July to September, the wettest from February to May. There is more rain in the south than in the north.

Nairobi in the interior has a very pleasant climate. Mombasa on the coast is hot and moist, with rather a heavy rainfall, but it is not considered unhealthy as a place of residence. Women and children can live with safety in Kenya Colony.

Tanganyika (late German East Africa)

Near the coast the climate is very hot, moist, and malarious; the central plateau, at a height of 2000 to
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4000 feet, is more healthy. November is the hottest month, June and July the coolest. In the north, the rain falls from February till April and from October till December, the driest months being from June till September. In the south the dry season is of longer duration, the greatest rainfall being between December and April. The climate is not good for children.

Northern Rhodesia and Nyassaland

The lowlands are unhealthy, the heat being great, especially before the rainy season, which lasts from October till April. The higher table-lands have much sunshine, and parts are fairly healthy. Sleeping sickness occurs within limited areas.

Southern Rhodesia

Southern Rhodesia is a well-watered undulating plateau from 3000 to 5000 feet above sea-level. There are no extremes of temperature, the summer is not too hot, the winter is cooler, but not cold. The rainfall occurs chiefly in the summer, from October onwards, with fine intervals, and it lasts until May. From May till September it is dry. The country is on the whole healthy, though mosquitoes are numerous and malaria is prevalent.

Madagascar

The temperature varies with the altitude. The interior is hilly, and consequently the inland temperature is not extreme. The rainy season is in the summer, and cyclones prevail. The east coast is very moist, while the low-lying land on the west side is dry and arid.
Nigeria and West Africa

The northern area is dry and the climate is tropical, resembling that of the plains of India in the hot season. In the central part, there is an abundant rainfall and the air is moist and hot. Tropical diseases, including sleeping sickness, are rife. On the coast the heat is excessive and most unpleasant and unhealthy.

West Africa is quite unsuitable for women and children. A few European women accompany their husbands, and some of these, by taking precautions, manage to preserve a fair degree of health, but residence in West Africa should never be prolonged beyond a very short period.

British Guiana

The lands along the coast, comprising a belt fifty miles wide, are low lying and malarious. Behind these is a broader and slightly more elevated tract of sand and clay, and in the rear are three great ranges of mountains. Mosquitoes are prevalent, only the higher hills being free from them. The climate shows no extremes of heat, and it is never really cold, though in the savannahs the air may be chilly at sundown.

Formerly the country was considered unhealthy for Europeans, but if precautions are taken against malaria and dysentery, and a suitable site chosen for the home, there is no reason why European women, and children up to a certain age, should not manage to keep in good health.
The West Indies

The West Indies are, as a whole, not excessively hot, the climate being pleasant and equable. The winter months from December to May are fairly cool, the hottest months are from July to October. The rainfall is considerable, especially in the mountainous interior of the islands. The wet season begins in May or June, and continues till towards the end of the year.

Barbadoes is a health resort for Europeans, and is made use of by those living in the colonies of South America, who wish to avoid the long journey to Europe or the States.
CHAPTER II

STATIONS AND BUNGALOWS

India

Cities situated on the coast, such as Calcutta, Bombay, Madras, Karachi, and Delhi, the seat of the Government of India, are naturally very cosmopolitan in character, and in them Europeans of different nationalities and Westernized Indians live in common residential districts. One of the characteristics of an Englishman is to make his surroundings, wherever he may be stationed, as like as possible to those of his own country. The representative Indian changes but little in his ways, and he, too, likes to be amongst his own country people: consequently, as a general rule in India, the European quarters and the Indian or native city are separate.

Many Europeans find it convenient to live in hotels, either taking a complete suite or engaging what rooms they require. This saves the trouble of furnishing and housekeeping, and is convenient when the family is small and the period of stay likely to be short. As a permanency or where there are children, hotel life is not to be recommended. It is expensive, and it is difficult to make a real home in a hotel.

In the Presidency towns, where land is so costly, there is an increasing tendency to build huge blocks of
flats, more or less European in design and construction. These have some advantages, and in the cold weather are not inconvenient, but the drawbacks incidental to flat life are accentuated in a tropical country. The accommodation is usually limited, the sanitation is often not above suspicion, the servant difficulties are great, and the flats are generally airless. In the hot weather they are not pleasant habitations, and in any season are unsuitable for children.

The old, roomy, almost palatial bungalows set in a large compound, with spacious, well-proportioned rooms and wide verandahs, are rarely to be obtained nowadays. They are being rapidly replaced by flats or small modern houses with very limited garden space. Rents are very high, ranking with those of London and Paris. European sanitation, with the water-carriage system of conservancy and fixed baths with hot and cold water supply, is gradually being substituted for the primitive system formerly in use. The new method would be an improvement on the old if it were carried out satisfactorily and Indian servants could be trained to obey instructions with intelligence!

Bungalows may be single or may consist of two flats, one above the other, each being provided with its own verandah and domestic offices. A single bungalow is the most desirable. If the choice lies between upper and lower, the upper one is usually to be preferred as being more airy, and less troubled by mosquitoes. In the hot weather the lower flat is perhaps cooler during the day.
Single bungalows may consist of one or two stories. Each type has its advantages. A detached bungalow, surrounded by its own grounds or compound, is naturally the ideal thing for a family. In the less congested and small cities these are the rule, and though the choice of houses may be limited, a suitable one is usually available. Rents in the smaller stations are not high.

The Bungalow.—The typical old-style bungalow with high-pitched roof, single storied, and surrounded by a verandah, has a main central space inside divided by a curtained or screened archway into dining- and drawing-rooms. The other rooms on either side communicate with these by doors. The main approach to the house is up several steps through the front verandah into the drawing-room. All the rooms are spacious and lofty, lighted by clerestory windows as well as by glazed doors opening on to the verandahs outside. There is thus a free airway through the building, from front to back verandah through the reception-rooms, and from the verandahs of one side to the verandahs of the other side through the communicating doors of the rooms, which are usually open. All doors are provided with curtains of cotton material, bamboo, or beads. The plan may be varied in details. Modern-built bungalows are often built on quite a different plan, more like an English country bungalow. Many modern improvements have been introduced, but few are as spacious and cool as those of the old type, which Anglo-Indians prefer.

There are certain differences between an "Indian
bungalow and an ordinary English house, owing to variation in the climate and customs. Plenty of air and space are essential; therefore, the rooms are large and lofty. Children's nurseries, except in the most modern and specially built houses, are not provided, so one of the rooms must be adapted to their use. The most airy, cool, and comfortable rooms should be chosen. They should be well lighted and spacious with wide verandahs. Mosquito screens should be fixed to door and windows, if not already there. Children's rooms should always be protected in this way.

The pantry is usually placed just outside the dining-room and is connected with the kitchen or cook-room by a covered but open passage. The cook-room is situated at a distance of some 20 or 30 feet from the bungalow.

Each bedroom has its own bathroom: double bedrooms have two, and in addition, dressing-rooms, are attached to the principal bedrooms. This provision of a bathroom for each individual is not the extravagant luxury that may be imagined, for except in the larger stations, the sanitation is of a primitive type. It is a shock to the newcomer to find that the commode-system is almost universal. Properly supervised, it is satisfactory and most suitable to the climate, far more so than the water-carriage system already referred to.

The Indian bathroom is a simple affair. It has a cement or stone floor. One corner is divided off by a
cement wall a few inches high, and has a gentle slope towards a hole in the wall, which is an outlet for the bath water. There may or may not be a cold water tap; if not, there is a large earthenware or metal receptacle for the water, which is brought by the bhisti or water-carrier. Hot water, when required, is often carried in a kerosene tin to which a handle has been affixed. A tin dipper is provided with which water is baled into the bath, usually an ordinary zinc tub.

A wash-stand, towel-rail, chair, and commode are the other necessaries of the bathroom.

It is the office of the mehtar or sweeper to empty the commode and keep it clean. He or she (mehtrani) is constantly on duty, or should be so. Periodically, he carries away the pan, in a covered wicker basket, to a shed where the general receptacle is kept. No other servant will touch the pan or perform any of the duties of the sweeper, who is an untouchable or outcaste. The contents of the receptacle are removed at night in a special cart. In the more important stations, sanitary inspectors are provided to see that due cleanliness is observed, and that the removal takes place in a proper manner. It is very necessary, however, that visits of inspection should be made frequently and at unexpected times.

*Some Points in the Choice of a Bungalow.*—The selection of a bungalow in a small station is often not a difficult matter, as the choice may be very limited: in this case the only thing to do is to take what can be got and to make the best of it. As a rule much
can be done to improve matters which, at the first glance seem hopeless.

The site of the house should be high and dry, as far away as possible from marshy land, and the neighbourhood of a "tank" or pond should be avoided. Indian dwellings and servants’ houses should be at a safe distance. Indian servants often have their families with them; their ways of living are not ours, and for hygienic reasons, especially in malarious and unhealthy districts, close proximity is not desirable.

The aspect of the bungalow in relation to the prevailing winds should be taken into consideration. The bungalow should be placed so that it may obtain the greatest advantage from the breezes; there should be a free current from verandah to verandah right through the house.

The verandahs should be wide and roomy; it must be remembered that, whenever possible, life is spent in the open air.

The roof should be sound. If of thatch, it should have a fair slope and be kept in very good repair. Thatched roofs are cool and airy and have many advantages; but they are apt to harbour bats, birds, mice, and rats, which have a way of getting in the thatch and making their nests or runs in the space between the thatch and ceiling. Roofs of tiles, either country or foreign made, are satisfactory if kept in sound condition. Roofs of corrugated iron are very hot unless well made. They should be double, the upper layer sloping, and the lower layer flat. The ventilating
space between should be protected from the invasion of birds and vermin by screening all openings with wire netting. The lower roof should be covered with non-conducting material, such as sand, to the depth of several inches.

Should the roof be a flat one, it is best constructed of concrete on brick arches supported by steel girders. Such a roof, if well made, is waterproof and will not leak; it is not as cool as thatch, but it does not harbour vermin. The great advantage of a flat roof is that it can be used for sleeping in hot weather. A staircase leading up to it should be placed in a convenient position; it is well to have the staircase enclosed and a small-roofed open shelter erected so that the sleepers may obtain protection from the moonlight or from sudden showers.

The material of the bungalow walls depends much on the local conditions and requirements. They may be of stone, brick, brick covered with plaster, or even of earth.

It is most essential that the floor of the bungalow should be raised well above the surrounding ground on a substantial plinth. The verandahs should be approached by two or three steps at least. The floors may be of stone, cement, hardwood tiles, or marble—the latter, if procurable, is delightful. Rough stone is not a good foundation for rugs, but cement, or the so-called Indian stone, makes a very satisfactory flooring if well put down. Wooden floors, unless made of hard wood impervious to insects, are unsuitable.
Floors should not be permanently covered with matting: this harbours dust and all kinds of insect pests. Nothing should be laid on the floors which cannot be taken up regularly, shaken, and exposed to the sun and air. The floors should be washable.

The fire-places, which are essential in the north, are mostly constructed of cement, and are well adapted for burning wood, which is the fuel most generally used. The external openings of the chimneys should be protected by wire netting, as birds are apt to build their nests in unused chimneys.

The ceilings of rooms are often unsatisfactory. In many of the old bungalows these consist of a more or less tightly stretched cotton cloth and have a way of getting out of shape and tearing, and looking very unsightly. In newer houses plaster ceilings are used, and are more suitable.

The walls inside are best distempered or lime-washed. This is by far the cheapest, coolest, and most effective way of treating them.

Water Supply.—The quality and purity of the water can generally be depended on in a large station where the supply is under European supervision, and the water is tested periodically. In a small station, or where water for domestic use is obtained from a well, it is most important that it should be tested, and if contaminated, not used until it is adequately purified. All drinking water must be boiled and filtered, and if the results of the testing are in the least unsatisfactory, it should be also purified chemically by the chlorine
or some other effectual method. The well should be covered with gauze netting to keep out mosquitoes; its walls should be sound, and should be raised several feet above the surface of the surrounding ground, which should slope away on all sides.

There should be no doubt about the purity of drinking water given to children. It is from negligence in this respect that so many illnesses arise.

**Lighting.**—Electric light is used for illuminating purposes in the chief stations. It is cleanly, convenient, and comparatively cheap. Gas is practically never used. The ordinary illuminant, however, is oil, with all its drawbacks. Good lamps are obtainable almost anywhere, and the kerosene oil tin is to be seen all over India. Cleanliness and constant attention are necessary; with these, and lamps and oil of good quality, one can manage quite well, though at first the newcomer finds the necessary overseeing rather a trial.

**Fans and Punkahs.**—In all stations provided with the electric current, electric fans have superseded the old-fashioned hand-pulled punkahs. As regards comfort and convenience, there is no comparison between the two.

**Mosquito Netting.**—It is desirable to have all doors and windows provided with well-fitting mosquito-proof wire screens; this is specially important in districts which are infested with mosquitoes. With this protection it is possible to throw doors and windows widely open, and thus obtain the full benefit of all cooling breezes.
heating.—Indian coal is both dusty and expensive. It may be used in combination with wood for heating purposes. A fire in the winter evenings is a luxury in the central part of India, and it becomes a necessity as one goes northwards. In the hill stations it is desirable during the monsoon—and in the chilly mornings and evenings of the spring and autumn it is most pleasant.

for cooking purposes charcoal or wood are used.

the compound.—A bungalow covered with flowering climbing plants is no doubt most attractive and picturesque, but it is not desirable to have creepers or vegetation too close to the house. Even trees should be at a little distance. Insects are one of the chief dangers in India; many of the most dreaded diseases are caused by insect-carried germs, and anything that harbours or encourages these should be sternly discouraged.

The compound or enclosure surrounding the bungalow may be of considerable extent, containing the flower garden, often a tennis court, stables, sometimes a vegetable garden, and the servants’ quarters.

The grounds may or may not be well laid out; usually there are good trees and many flowering shrubs. One of the charms of India is that where water can be obtained, there is always the possibility of making a beautiful garden. With the aid of a good “mali” or gardener, who quickly becomes infected with the mem-sahib’s enthusiasm, wonders may be done in a very short time. In the cold weather and the rains flowers and vegetation flourish, and grass may be kept looking
wonderfully green. In the hot weather grass and flowers disappear, but there is a wealth of vivid flowering shrubs and the green, though dusty, trees make refreshing spots of colour on the yellow-grey earth.

Most of our favourite old-fashioned flowers grow well in the cold weather, though they may not have quite an English fragrance. Roses, lilies, carnations, pansies, verbenas, phloxes, delphiniums, snapdragons, violets, mignonette, all flourish. With a little trouble and at small expense, one may have a gorgeous display of colour in the garden. The delight of being able to wander right out of one’s room in the early morning into an Indian garden is indescribable. There is a sweet spicy odour which is very characteristic, and the birds make up for their lack of melody by their brilliant hues and charming ways.

The success of a garden largely depends on the water supply. It may be that the station is provided with a good service, and that there is no limitation in quantity, but in most cases all the water has to be drawn from a well by hand or by bullocks. The Indian gardener is very clever at carrying out his own system of irrigation by means of channels, which conduct the water to various parts of the garden. He is aided by the bhisti or water-carrier, who fills his leathern skin at the tank and sprinkles or deluges the flowers, shrubs, and young trees.

The Surroundings.—The civil lines and, military cantonments are usually well laid out with wide shady roads.
STATIONS AND BUNGALOWS

Churches.—The larger stations have at least one church, to which a chaplain is attached. In the smaller stations, usually there is a church in connection with one of the many missions which are scattered throughout India and the tropics; English services are held in these for the residents.

The Club.—The club is the centre of the social life. It is almost always well run, with facilities for various games, and a library. It is the recognized meeting-place of the station. Most people manage to drop in during the interval between tea and dinner. In some clubs a lawn or playground is set aside for children, and usually children are allowed to make use of the grounds, with reservations, when not in use by members.

The Civil Lines.—In the civil lines are the shops. Some of the larger stations boast of one or more shops kept by European tradesmen, with European goods, chiefly drapery and drugs. The general shop or store, of which there may be several, is amazing in the variety of its contents. Every kind of tinned food, jams, cheese, needles, and other haberdashery, patent medicines, perfumery, and all sorts of unexpected articles may be found. Its proprietor is always an Indian or Parsee.

Cotton and silk materials can be obtained to advantage in the Indian bazaar, and in the European quarter there are usually one or two shops which keep these, as well as general drapery. True the selection may be limited, but these shops are a great convenience to the mother of a family.
Travelling merchants with coolie-borne packs sometimes come to the bungalows and set out their goods on the verandah for inspection. In some parts of India these borahs are a great institution. The new arrival finds them very fascinating, and readily yields to temptation, but the old hand is more wary, and by dint of bargaining sometimes gets hold of wonderful treasures. The Japanese, unfortunately, are beginning to displace the old type of borah, and their wares are often of the most gimcrack description. In the old days, silks, embroideries, metal work, and semi-precious stones, as well as a medley of miscellaneous articles, some of real value, were obtained at a very small price.

The chief drapery firms of Calcutta and Bombay send out illustrated catalogues of their wares; and by means of parcel post or rail, it is possible to obtain what one requires without difficulty or too much delay. There is a system of "cash on delivery" in connection with the post office, which is sometimes a convenience.

In the chief cities and hill stations during the season smart frocks, hats, etc., may be obtained from milliners and others, who each year bring out a selection of the newest "models" from London and Paris.

Meat and vegetables are sold in the markets which are specially provided in the larger stations, and are under supervision. Calcutta and Bombay have excellent public markets for the disposal of all kinds of food and other household requirements. In many places all meat is inspected and graded according to quality.
The Indian City.—In the mofussil the Indian or native city is situated often at a considerable distance from the European civil lines and military cantonments, in one or the other of which the Europeans live. The Indian city is usually walled. The houses are closely packed together, the streets being very narrow, some of them not wide enough for a wheeled vehicle. Even the main street, in which the chief business is transacted, will hardly allow of one cart passing another. The houses are high and most picturesque, though very dirty. The bazar is a feast of colour. The booth-like open shops filled with many-hued wares, gay silks and cottons, and piles of luscious fruits, with the brilliantly coloured garments of the passers-by and of the loungers (for in the East there is no hurry), make the native city a joy to the lover of colour. The effect would be garish, but with the background of closely set fantastic buildings, the sunny lights and deep velvety shadows, the picture gives joy and satisfaction to the onlooker. True, a captious critic does not approve of what he sees on close inspection, and the state of sanitation is such that diseases when introduced spread with incredible rapidity. It is not without reason that the European residential quarter is built at a considerable distance from the fascinating but dangerous native city.

The Tropical Colonies

Throughout the tropics houses lived in by Europeans are built more or less after the style of
the typical Indian bungalow, though the tendency perhaps is to make them less roomy. As in India, they may be constructed of almost any material suitable to the climate.

Furnished bungalows are usually provided for government and other officials. In the cities houses are in great request, the supply not being equal to the demand, and rents therefore are high. Many people live in hotels, and are thereby saved the trouble of housekeeping.

Settlers in a remote district may have to build their own bungalows, in which case while the future home is being erected it is usual to occupy one of the small huts which are quickly put up by natives and are not uncomfortable.

Sanitation, except in the cities, is of a very primitive type; and constant supervision is necessary to ensure hygienic conditions. Household and other refuse should be removed at once and destroyed by burning or burial.
CHAPTER III

THE HOUSEHOLD

India

The multiplicity of servants in an ordinary household is an amazement and puzzle to the new arrival in the East. She is overwhelmed by the prospect of having to manage an establishment of menservants who speak an unknown tongue and have all kinds of strange prejudices and objections. No wonder she is alarmed! However, she is encouraged by the sight of other homes running apparently on oiled wheels, with mistresses who may have lived in the country for a short time only.

The key of the situation lies in sympathy and tact, with an attempt at understanding the point of view of the Indian, who is essentially religious, and is bound by certain restrictions placed upon him by the ordinances of his religion as well as by custom immemorial. It is useless to argue that these are absurd and illogical, the fact must be recognized when dealing with the unchangeable East. There is no more faithful and devoted servant than the Indian when he has definitely "adopted" his master and mistress, and identified himself with the family. "You are my mother and father," is an expression often used by the Indian to
his master or mistress—often perhaps without sincerity. But it does express the attitude of the good Indian servant towards a just and kind employer. Any access of honour to his sahib is honour to himself, and he rejoices in promotions and dignities. Incidentally he expects to rise himself correspondingly, but that is only just! An increase of pay, and even the humblest knows the amount of his master’s income, means the ability to give more rupees to a faithful servant. However, a servant of the old type, and such still exist, is willing to share the adversity as well as the prosperity of his master’s family.

The Indian servant knows all about rank and precedence. The burra (great) mem-sahib, or wife of the Chief, is in his estimation in a very different position from the wives of the less senior in the Service, and their servants rank accordingly. He fully appreciates the fact that there are “chota lok” or people of inferior rank.

He glories in functions and social entertainments, and likes things to be done in a suitable manner. Hospitality is a joy to him, and an unexpected visitor is never unwelcome. Should the pantry be empty, he duly rises to the occasion with an ingenuity which arouses admiration, and sometimes dismay! A neighbour’s larder, or even dinner, may pay tribute; or if neighbours there be none, “are there not always chickens and eggs?” These, with the stores galore to be found in the mem-sahib’s store-room, will provide a repast of many courses. A good servant is never.
THE HOUSEHOLD

without resource, and it is well sometimes not to ask questions.

The Indian servant may be either Hindu, Mahomedan, or Indian Christian. Every Hindu belongs by birth to a class or caste, which from long bygone days has had its special profession, occupation, or trade. Each member must undertake that work and no other. He must neither eat nor intermarry with the member of any other caste. The four chief castes primarily were the Brahmins, priests and lawgivers; the Kshatriyas, soldiers; the Vaisyas, traders, money-lenders, cowkeepers, etc.; and the Sudras, whose function was to do work which could not be undertaken by members of the other castes. In modern days there are divisions and sub-divisions, castes within castes. Notwithstanding all efforts made to break down caste distinctions, these still exist and have to be recognized.

The Hindu in household service belongs as a rule to one of the lower castes, though some may be Brahmins, who, however, do no menial work which would involve the breaking of caste. The chief of these is the Chaprassi or commissionaire, truly a magnificent personage in his uniform of scarlet cloth embellished with gold lace. He is a most striking figure and much in evidence in official circles. It is difficult to define his duties. He is stationed outside his master’s door, introduces visitors, arranges interviews; with much dignity he carries official documents, and incidentally, it is to be feared, is not unwilling to receive bribes.
Making the Home

Other Hindu servants may be the Peon or messenger, the Chaukidar or watchman, the Mali or gardener, and the Bhisti or waterman. These, being Hindus, may not kill or even touch a dead animal. They are vegetarians, prepare their own food, and eat by themselves. They may not take water from the hand of one who is not a Hindu.

The Mahommedan has his prejudices, fortunately differing from those of the Hindu. To him religious ordinances are an intense reality. At the times appointed for prayer, wherever he may be, unashamed and without self-consciousness, he prostrates himself on the ground and, facing Mecca, the holy city, goes through his devotions. During the weary days of the month Ramazan, which often comes when the heat is at its greatest, he fasts from sunrise to sunset, enduring parching thirst, as not even water may pass his lips. Is it any wonder that he becomes drowsy and forgetful, passing his days in a state of somnolence, and that, when awakened to duty, he appears stupid and confused? Allowances have to be made for him, especially towards the end of the fast and after its completion, when an orgy of feasting begins. It is fortunate that the good Mahommedan does not touch alcohol. He is a meat eater, and may be a Bawarchi or cook, a Mesalshi or sculleryman, and a Khitmatgar or bearer.

The Indian Christian does not as a rule make a good house servant. Only in exceptional instances is he to be recommended for efficiency and reliability.

The Khansaman or butler in a large household is
an important and responsible person. He is the head servant, and the smooth running of the establishment largely depends on him. He does the work of a butler, finds the other servants, and engages them with the sanction of his master or mistress. He is responsible for their discipline and good behaviour. In a small household the head bearer takes the Khansaman's place.

The cook in a quiet family may be single-handed, but he usually expects to have a sculleryman, or mesalashi, who prepares the vegetables, etc., washes the crockery, and acts as general assistant. In a larger establishment, where there is much hospitality, he requires one or more additional assistants. The best cooks are Goanese or Portuguese Indians from the south. Most cooks are Mahommedans. Bacon and pork, being the flesh of pigs which are unclean animals, are not eaten by Mahommedans, and many of them object to cooking it.

The Bearer, Khitmatgar or "Boy," as he is called in the south, is generally a Mahommedan. His duties may be those of a valet, of a house-parlourmaid, or of the two combined. The number of bearers employed varies with the size of the family and their manner of living; where there is much entertaining there may be several, but in the average household not more than one or two are needed.

The Mali or gardener, often a Hindu, like most Indians expects to have his assistants, the bhisti helps with the watering, and there is a beldar or coolie for the heavy digging and sweeping.
The Durzi or dressmaker may be on the permanent staff or be engaged for days or weeks at a time. He mends and makes—sitting on a rug in a corner of the verandah with his sewing-machine on the ground. Some durzis are very satisfactory, and, if supervised, do excellent work.

The Dhobi or washerman does his work in a corner of the compound, if the water supply is adequate. Otherwise he may have to do the actual washing in a neighbouring stream. A dhobi-ghat or washing-place is usually assigned for this special purpose.

The Mehtar or sweeper does the menial work of the bungalow and compound.

Women household servants, with the exception of the ayah and mehtrani, are not to be obtained in India. The ayah and her doings will be discussed later. It is enough to say here that she may occasionally be a Hindu, but more often she is an Indian Christian or wife of one of the Mahommedan servants.

The Mehtrani or sweeper may rise in station and become an ayah. From doing the menial work of the nursery she acquires familiarity with the duties of an ayah, and an enterprising woman may succeed in passing herself off as an ayah to some unsuspicious employer.

The servants essential to the smallest household are cook, bearer, and sweeper. These may be increased almost indefinitely according to the position and salary of the sahib. In India the tradition is that the establishment must be in accordance with these. Constant
effort is needed to limit the number of servants, for an Indian loves a large household.

Some Europeans living in India have little or no trouble in finding and keeping good servants. Others seem always to be most unfortunate in their selection. Bad and incapable servants there are in abundance, and these unfortunately flock round the inexperienced new-comer and, if engaged, do their worst in the way of robbery and destruction. It is wise to ask the help of a resident whose own home is well served. Her servants will probably be able to find a satisfactory staff amongst their numerous relatives. Chits or recommendations unless personally verified are of little help. After a beginning has once been made, a good employer will have little difficulty in finding and keeping good efficient servants—a weak, negligent, or harsh mistress will rarely be successful with her staff and the running of the household.

Too much must not be expected from them; they find it very difficult to change their ways of doing things, and innovations must be very cautiously introduced. The personality of the employer is a great factor, and if the Indian finds it sympathetic, wonderful things can be done with him. Firmness with understanding should be the watchword. The Indian despises weakness, and injustice rouses him to desperation.

The Far East

The best servants in the Far East are the Chinese. They are capable, honest, and fairly clean.
Like all Eastern servants they have their own ways of doing things; but they can be taught to keep the house in a satisfactory condition, and they make good cooks and can wash and sew well. Much of the comfort of the household depends on the ability of the head boy, who is responsible for the others. As in India, it is the custom to keep many servants, the minimum for a small family being cook, table boy, housewoman, and, if there are children, an ama or nurse. An ordinary English household may have a dozen or more servants, including coolie, gateman, cowman, gardener, and, probably, chair coolies.

The Colonies

In the tropical colonies, the servants are generally natives of the district, and naturally different races vary in capacity and intelligence. Some of them are very teachable and become quite efficient, others are indifferent and require infinite patience. Firm but kind treatment is requisite for their training and management.

Other Points of Importance

The Cool-room.—The cook-room of an ordinary Anglo-Indian bungalow is not overburdened with furniture or appliances. The Indian cook does not approve of labour-saving devices and all the paraphernalia of a European kitchen; he abhors the iron range and can never be taught to use it properly. With a simple cement stove, dekhis, or saucepans, one or two frying-pans, and a very primitive oven heated over the stove, he achieves wonderful results,
and is far happier than he would be with an elaborate outfit. The stove is a cement, or brick and cement, structure built up at one end of the small cook-room and standing 2 or 3 feet above the ground. Its upper surface is hollowed out into several cavities about 6 or 7 inches deep and of equal length and width. These are for the fires, and one or any number may be in use, depending on the amount of cooking to be done. Above is an opening for the smoke to pass out into the chimney.

The cooking-pots or dekhis are characteristic. They are of copper or aluminium, with a lid but no handles, a rim round the top, and of various sizes. If of copper, the interior is lined with tin, and the tinning process has to be repeated periodically, otherwise there is danger of poisoning from the copper. This gives opportunity for the cook to levy a monthly charge "dekhi kalai" to cover the cost of re-tinning his pans.

The curry stone is an indispensable article; on it he bruises or grinds his herbs and spices for the curry. He needs also several small enamelled pans for sauces, etc., knives, spoons, and a few enamelled plates, dishes, and basins—all these can be obtained from the bazar. The household china must never be allowed in the kitchen. An ice-cream freezer is a necessity, and also a "hot case" for keeping dishes hot in readiness for serving, especially when the sahib is apt to be unpunctual. The hot case stands in or just outside the pantry, and can be improvised by a local Mistri or carpenter from a packing-case placed on end. It is lined with sheet-metal and fitted with one or two
shelves of perforated metal and a door. The source of heat is one of the small round iron stoves or sigris in which charcoal is burned. This is placed on the lower shelf and the door closed.

The Indian prefers to do most of his work squatting on the floor, but the cook-room should be provided with a good solid table. There should be one or two almirahs or cupboards, some shelves, and a large wire safe suspended from the ceiling. Wire fly-screens should be fixed to doors and windows—a well-trained cook really appreciates and makes use of these. A cool, airy larder, similarly screened, fitted with shelves and a wire safe, should be attached to the cook-room. The two rooms should be protected by a verandah and connected with the pantry and dining-room by means of a covered passage open to the air.

A constant supply of running water is only exceptionally available. If there is the luxury of a tap and sink, the open drain leading from the kitchen should have a good slope, so that water cannot collect in the vicinity. The drain should be inspected daily, as also the covered bins placed outside the kitchen for the kitchen refuse. Constant vigilance should be exercised to ensure the absence of rubbish-heaps or collections of stagnant water, which are favourite breeding-places of flies and mosquitoes.

_water supply._—The larger stations usually have a good water supply. In out-of-the-way places it is difficult to be sure of the quality, so all water used for drinking purposes should be boiled and filtered. Unless
the servants are very well trained and reliable, personal attention must be paid to this, for impure water is one of the greatest menaces to health and life. Soda-water is used almost entirely for drinking, and if it is made at a trustworthy place should be quite satisfactory. It can usually be obtained from the clubs.

Ice.—Ice is made in most stations where there are Europeans and there is a club. Unless the water used in manufacturing the ice is good and pure, articles to be cooled should be placed on or surrounded by ice. Lumps of ice should not be put in the liquid, thus avoiding any danger of infection by germs.

Milk.—Where there are young children pure milk is essential. In some places, sterilized milk of certified quality may be obtained from dairies, but in others the quality of the milk may vary enormously. Cows are sometimes kept in the compound, and where this is possible, and feeding and milking can be supervised, the purity of the milk is assured. Another plan is to arrange with a cowkeeper to bring the cows in at milking time and to milk them in the presence of a trustworthy servant, who will see that due cleanliness is observed, and that adulteration does not take place. Many are the wiles and devices of the cowkeeper, and he will elude all but the most vigilant of inspectors.

The milk of buffaloes is often mixed with that of cows. It is unsuited for young children, being less digestible than cow's milk, and differing from it in composition. All milk used for drinking should be boiled before use, unless its purity is above suspicion.
Butter.—If there is a good dairy, butter of a satisfactory quality may be obtained. Where there is no dairy, it may be made at home by the cook from cow's or buffalo milk, or it may be necessary to resort to the use of tinned butter.

Butter made from buffalo milk is white in colour and is inferior in taste and digestibility to that made from cow's milk. Artificial colouring makes it more attractive to the eye, but nothing disguises its greasy taste. Tinned butter is of good quality, though it is not to be compared with good fresh butter. In the hot weather butter should be freshly made and kept on ice if possible. The difficulty of keeping it solid is one of the minor troubles of hot-weather life in India.

Bread.—In an isolated station bread must be made at home. Many cooks make quite good bread and excel in turning out scones and rich cakes. The Indian bread is made from ata, a whole-meal flour ground by hand, and, like unleavened bread, is made in the form of very thin round cakes. It is much liked by many Europeans.

Eggs.—The ordinary Indian fowl lays a very small egg, more like the egg of a bantam than of a fowl. Though it masquerades under the name of chicken, the fowl is a very undersized, tough, stringy, and flavourless bird. Where possible, it is a good plan to keep "chickens" in the compound. If they are of a good laying and table strain and are well fed, the family will benefit. Feeding of the chickens, like that of horses, must not be left to the servants' discretion.
Grain is a valuable commodity, and it is a temptation to the Indian to annex a generous share for his own use. If the mem-sahib's chickens do not flourish, provide eggs and grow fat, she must herself see that they get their daily allowance.

Meat.—Beef is seldom to be had in a district populated by Hindus. In a Hindu country such as Kashmir the slaying of cows is prohibited, and even Bovril or Oxo are not allowed to pass through the Customs. Where Mahommedans live, beef may be obtained of fair quality, but it is not like English beef. Mutton or goat is the commonest kind of meat, and is procurable in most places. The joints are extremely small—a leg of mutton serves for one meal only for a small family. The meat is dry, of poor flavour, and destitute of fat. Goat is less good than mutton, for which it is often substituted. It has a strong taste and is stringy. In places where there is a good market the meat is inspected and graded. Pork is rarely procurable, but it is sometimes served in hotels during the cold weather. Bacon and ham may be bought from the stores, but it is only wise to eat it in the cold weather or in the hill stations. Venison and game are available in season.

Fish.—A variety of good fish is to be had in the coast cities. Pomfret is one of the fish most appreciated, It is packed in ice and sent inland in the cold weather and up to the hill stations in the season. Freshwater fish from the rivers can be obtained where there are streams in the neighbourhood.
Vegetables.—There is a profusion of vegetables in the cold weather and rains. Almost all the English vegetables, such as potatoes, peas, beans, cabbages, marrows, asparagus, cauliflowers, etc., are cultivated, and there are others peculiar to the East which are by no means to be despised. In distant places, especially where European taste is not catered for, there may be difficulties in obtaining a constant supply of fresh vegetables to which Europeans are accustomed, and it may be necessary to have them sent periodically.

Fruit.—Fruit is generally to be procured. Plantains or bananas, both small and large, are in general use, delicious oranges, mangoes, grapes, melons, pumilo (which resembles grape fruit), cape gooseberries, guavas, custard apples, and many other fruits are available in their season. Apples, pears, plums, peaches, apricots, and strawberries are grown up in the hills, and are sent down to the markets in the cities of the plains.

Servants' Quarters.—The servants' quarters are, for reasons of hygiene, and comfort to the Europeans, situated at a little distance from the bungalow. Indian servants often have their families with them. It is picturesque to see the bonny brown babies rolling in the sun, for the children are winsome and often beautiful; but Indians have their own ways of living, and in malarious and unhealthy districts especially, their houses may be centres of infection.

The dwellings usually consist of single rooms, built in a long row, or round the sides of an enclosure.
each servant is allotted one or more of these rooms, which are of the simplest possible construction. They are often of mud or earth, with tiled or thatched roof, and are small and dark. They are provided with one or more shelves, on which clothes or household treasures may be placed out of reach of the children. The furniture is limited—simply a charpoy or bed, which is a framework of rough wood strung with rope. The result is a comfortable and cool resting-place, which can be easily moved or stood up on end out of the way. All servants' quarters should have a verandah. Most of the household avocations are carried on in the shade of a tree or on the verandah, and by far the greater part of the day and night are spent in the open air. The Indian servant takes shelter in his quarters only when the weather is inclement or for warmth in the winter.

The cooking-pots and household utensils are of brass or other metal, and are surprisingly few in number. Cooking is done over the cement or mud fire-place of the country, which is set up on the verandah if there is one. A round iron movable stove, in which charcoal or dried cow's dung is burned as fuel, is also used.

The mehtar's quarters are either at one end of the row, separated by a partition or matting screen, or they may be in a separate building at a little distance.

The water supply of the servants is an important matter. If it comes from a well, every precaution must
be taken to prevent any contamination of the water. If it is by pipe, a separate stand-pipe and bathing-place should be screened off. Bathing is not only a hygienic necessity but a religious rite to the Hindu, and he should be allowed facilities to perform his ceremonies in a place and manner which are not likely to foul the general supply.

Latrines should be well constructed and frequently inspected.
CHAPTER IV

THE DAY'S ROUTINE

India

Perhaps the best way of giving a glimpse into the mysteries of Indian housekeeping would be to describe the daily routine of a mem-sahib's life.

At dawn, when she awakes, the first happening is the entrance of the bearer or ayah with early morning tea or "chota hazri." This consists of tea and toast with a little fruit.

In the mofussil, or district, breakfast proper is usually served when the day is far advanced—from 10 to 12; and in the hot weather the bulk of the day's work is done in the early hours when it is comparatively cool.

In large stations during the cold weather, and up in the hills, the European hours for meals are observed, i.e. breakfast at 9 a.m., lunch or tiffin at 1:30 or 2 p.m., tea about 5 p.m., and dinner at 8 o'clock.

After dressing, the mistress is ready for an early morning ride or other exercise, or she may at once make her visit to the garden and compound, following this up with her daily household duties. If she has children, naturally her first visit is to the nursery, and the day is punctuated with visits to and fro.
In the compound, the mali must be interviewed and directions given. If good results are looked for, the talk must be flavoured with enthusiasm for what is flourishing, and with sorrow for the failures.

Mysteriously enough, the supply of flowers for the house does not seem to depend altogether on the flowers actually growing in the garden. The mali makes it a point of honour to produce flowers for the table and house. It is the duty of all members of a caste to help one another, and is the mali not blessed with brothers and cousins innumerable, who may have charge of gardens even more prolific than those of the mem-sahib?

While in the compound, the animals must be visited, and an eye given to sanitation of stables and of the place generally. The servants' quarters should be visited occasionally, and also the dhobi's laundry ground. Inspection of the cook-room should not be omitted.

The interview with the cook is a serious business. The settling of accounts is a complicated affair, entailing much talk and some patience.

In India tinned or preserved foods are much used, and of these the stock must be large, and kept well replenished. An order is given weekly or monthly for groceries and household requisites, either to the general store in the bazar or, if there is no such convenience, to a firm in the nearest large station. Fresh vegetables, fish, meat, and eggs and chickens if no fowls are kept in the compound, are bought by the cook for ready
money in the bazar or market. It is customary for him, accompanied by his satellite, the mesalshi, who carries the basket, to visit the bazar, choose his purchases, and return in time for the daily interview with the mem-sahib. The amount spent on what is called "fresh market" depends on the current price of goods and the size of the family, and it may vary enormously. The cook, by "dastoor" or custom, adds a small sum to the amount actually paid for each item. This is his perquisite, and however one may disapprove of the custom, one is dealing with the unchangeable East and must allow it. A capable housekeeper keeps herself informed of the current prices, finds out the percentage allowed by experienced neighbours, and allows a similar increase. A good Indian servant will not resent just dealing, and if his mistress occasionally "cuts" his account, or deducts from the total a sum approximately equal to his excess charge, he will take the hint, and moderate his demands. A mistress who is firm and just, but not mean, is more respected and gets better served than one who lets her servants take advantage of her. The percentage formerly allowed was one anna in the rupee, but it varies in places; and nowadays, both prices and servants' demands have increased.

It is customary to give the cook an advance to cover the amount of the next morning's expenditure. His calculations, though generally correct, are difficult to follow, so it is easier to give him a permanent advance of about the average daily payment. In case of dinner, or
large tea and luncheon parties, an extra advance is given. The accounts are balanced each morning.

The dhobi may be the next person to be dealt with. The rule is that he brings back the clean and takes away the soiled linen at a stated hour and day, but if he is living in the compound, he will, when sent for, take away and return a frock or lingerie, washed, dried, and ironed, in a miraculously short space of time. With an almost complete lack of modern appliances, for which he has no desire, he turns out his clothes in a wonderful manner. Armed with a charcoal-heated old-fashioned box-iron, he may achieve almost perfect results. The actual washing is done on the banks of a neighbouring stream, if there is no stand-pipe or well in the compound for his work. A large flat stone on which the wet clothes are banged, and in the process often torn, is his chief appliance. Country soap is used. The water is cold, but sun and wind whiten the clothes, and he may use a process of steaming to help the process. The wet clothes are wrapped up in a sheet which, it is to be hoped, is not a good new one, and made into a big bundle. This is placed on the top of, not within, a gummla or narrow-mouthed metal receptacle filled with water, and heated over a fire on the ground. The steam rises and permeates the bundle of wet clothes. This is a more or less satisfactory substitute for boiling.

One of the most tiresome duties is the giving out of clean jharrans. Jharrans are dusters, and include every species of cloth used in domestic life—tea-cloths,
glass-cloths, dusters for cook, bearers, and for other servants. A certain number are given out periodically, and a corresponding number of soiled ones should be returned. Seldom or never do the numbers correspond, and the deficit is always on the wrong side. This happens when counted on return, both from the legitimate user and the dhobi, so a double loss occurs. Ingenious excuses are given for their absence, but they do not reappear. Fortunately the jharrans are country made, and can be replaced. They are not expensive, which is also fortunate, as their life is short in any case; they get so grimed with dirt that much hard banging is needed to make them even moderately clean.

Indian bungalows are well provided with go-downs or store-rooms, which are a necessity. The giving out of stores to cook and khansaman is a daily duty. The store-rooms and cupboards are kept locked; certain articles disappear, but honesty is a relative matter, and the best guardian of one’s goods is a faithful head servant who will protect his master’s belongings.

After the morning interviews with servants and house inspection, it may be time for breakfast or burra hazri, which is a substantial and pleasant meal. Afterwards, in suitable weather, when it is not too hot, calls may be made. Ceremonial calls may be paid either in the morning from about 11.30 to 1.30, or in the afternoon from 4 till 6, and they must be duly returned. The first call is, in most stations, made by the newcomer; in others, especially the large cities, the usual custom holds. Making a first call is not quite such an
ordeal as may be expected. In most cases the hostess knows quite well who and what the new-comer is, and is fully prepared to welcome her. In hill stations and in busy places, where there is much social life; a box for cards, with the owner’s name and “Not at Home” painted on it, is placed on the gate-post, or on some tree-trunk conveniently near the entrance. A card dropped into the box is a substitute for a call. It is not etiquette to ignore the “not at home” signal and go up to the house, unless the caller is a close friend of the hostess.

Breakfast and luncheon or tiffin are sociable informal functions, and give opportunity for hospitality on a small scale.

After breakfast, in the hot weather, the afternoon rest is a necessity. It is wise to undress completely, put on a loose wrapper, and lie on the bed. In the cold weather a short rest after tiffin or lunch is desirable, but it is during the trying heat of the plains that the afternoon sleep is so important.

Tea parties and afternoon At Homes are frequent: tennis, croquet, and badminton are much played, and in some stations there are golf links. Almost every woman plays games, rides, or goes in for some sport. In a tropical climate it is necessary to have regular exercise in order to keep fit. The club, to which the whole European population belongs, provides a meeting-place, and is a centre for all kinds of sport and games, as well as for dancing, which is one of the chief diversions of the British in India.
After tea our mem-sahib goes to the club, for almost every one in the station is to be met there during the interval between tea and dinner. Much talk and gossip are heard—in a small station any news is appreciated, and the interesting and amusing talker always has an audience.

Bridge enthusiasts gravitate to the card-room; the young and energetic play tennis; others, watching the game, or idly turning over the last illustrated paper from home, find it very pleasant to sit under the shady trees in the cool of the evening. The leisurely walk or drive home to dinner is one of the most refreshing events of the day.

Dinner parties and dances are frequent; unless official, they are not elaborate functions, but are simple and informal. Everybody knows everybody else, the amount of the income of each one is known, and extravagance in entertaining or dress is not approved. In no country can the comparatively poor have such a good time socially as in India.

Chits.—One of the minor inconveniences of Indian life is the constant interruption occasioned by the arrival of "chits" or notes, and the writing of answers which must be dispatched by the peon or messenger who brings them. It is incredible how the habit of chit-writing permeates the life. Invitations naturally must be written and answered, but all messages, important or trivial, are always written and never sent verbally, however near the recipient may be, if out of ear-shot. This is necessitated by the language
difficulty, but it is carried to rather a ridiculous extent, perhaps to give employment to the peon, whose chief occupation is the carrying of messages and parcels.

Language.—A wise woman will, whatever her circumstances, make a serious effort to learn Hindustani, which is understood almost all over India, and is spoken by the servant class everywhere, except in the south, where English is the language used. Hindustani is not a difficult language, and the expenditure of a little trouble and time each day has a very ample reward. True, many of the servants speak English of a kind, and almost all of them understand it. To know nothing of the language is a great handicap, however, in dealing with them, as well as in attempting to get into touch with the people of the country. A woman who can learn languages easily should not limit herself to Hindustani, but should, when she has acquired a little facility in speaking this, turn her attention to the vernacular, or tongue of the local country people. Most British women in India would be happier, as well as better in health, if they had wider interests and more mental occupation. They would derive very real pleasure from getting to know something of the home life of their Indian sisters; but without a common language there is no possibility of entering into a really personal and sympathetic relationship with them.

The Tropical Colonies

There are very decided differences between the life of an Englishwoman in a country like India,
and in one of the more recently settled tropical colonies.

For generations, India has been the home of English officials; traditions of social life and conduct have been handed down and are still generally respected by new-comers. The numerous servants, the enervating influence of the climate, and the comparative luxury of life may, in some cases, lead to the formation of habits of self-indulgence and indolence.

In the newer colonies, however, originality and enterprise are indispensable. Climatic conditions are more favourable to energy and self-dependence; and work, even of a menial nature, is not considered derogatory. The wife of a settler has many duties, and there is full scope for adaptability and resourcefulness. She needs, not only to supervise, but to give actual help; and she must be able to take the place of the cook, house-boy, or of any other servant who may be lacking—to mend and make, and to do the hundred and one odd jobs which fall to the lot of a colonist’s wife. If to these qualities and capacities she can contribute a sense of humour and a fund of optimism, she will be a helpmeet indeed.

The wise woman, if she is not already an experienced housewife, will, before her departure, take a course of domestic economy, intended especially for colonists, which should include cooking, butter-making, poultry keeping, gardening, dressmaking, etc. Such a course should prove most useful.

Housekeeping in an isolated settlement requires a
good deal of foresight, as many of the supplies come from a distance, and it is not possible to procure them in an emergency. In most places chickens, eggs, and vegetables may be obtained locally, but there may be a lack of both quality and variety, and only the keeping of poultry and the making of a garden, combined with personal attention, will ensure good and appetizing food.

The day will be filled with domestic duties, outside occupations, and exercise; but other interests are needed to prevent monotony and boredom. The possession of a hobby, absorbing and interesting, whether it be art, literature, or music, is almost indispensable to happiness.

The wife of a government official will naturally have many social duties to perform, and will be provided with an efficient domestic staff. Others living in the cities and large stations have fewer housekeeping responsibilities than the lonely colonist's wife. With an English club, and numerous opportunities for gaiety and diversion, their lives are far from monotonous.
CHAPTER V

PREPARATIONS AND OUTFIT

Preparations.—Before making the final decision as to the advisability of taking wife and children to a new home in the tropics, the head of the family should see that each member is medically examined. A doctor who knows something of the climate and conditions, will best be able to judge of the probable effect on the constitution of a prolonged residence in a tropical country; also to give advice about the maintenance of health and the prevention of disease.

The medical examination should take place some time before the departure, so that any condition needing attention can be remedied. Sight should be tested, glasses provided if necessary, and the teeth put in good order.

Vaccination for smallpox and inoculation for enteric fever should on no account be omitted. As infections are sometimes picked up while travelling, it is important that these precautions should be taken before leaving.

Outfit (for the Tropics generally)

In these days of rapid transit, with the convenience of parcel post and European shops in the large stations,
the huge outfit of former days is quite unnecessary. It must be remembered, however, that in hot climates frequent and complete changes of clothing are required. People with no experience of tropical life can have little idea of the manner in which, owing to excessive perspiration, garments become saturated with moisture. As a rule, the dhobi or washerman returns the clean linen promptly, but during the rains there is often difficulty in drying and considerable delay in delivery, hence a large stock of lingerie is needed.

**Woven Underwear.**—Woven vests and undergarments, whether of India gauze (a mixture of silk and fine merino), cotton gauze, silk, or a mixture of silk and cotton, can best be obtained at home. Some tropical outfitters make a speciality of under-garments suitable for the tropics, which, though expensive in the first place, are of fine quality and durable, and in the long run a good investment. A supply of silk, cotton, and woollen stockings should be taken out from home. Silk stockings of Japanese manufacture are sold in the Japanese shops in most cities; they are moderate in price, wear fairly well, and are of various colours and shades.

Even if the residence is to be in a district in which it is never really cold, provision must be made for the time spent in the hills. Warm underclothing such as is worn in an English winter is a necessary addition.

**Lingerie.**—Cotton materials of different kinds and washing silks may be bought in the bazars and
European shops. The lingerie taken out should be dainty and of good design, so that it may serve as a model for the durzi. Embroidery and hand-made lace are made in many of the missions and may be bought at a small price. If the wardrobe is replenished in this way, a large stock of lingerie is not needed at the outset.

Corsets should be obtained at home. They should be of washable fabric, light but firm, and may be of net, tricot, or other thin material. Rustless bones should be used. Ready-made corsets may be bought in the European shops, but they are expensive, and the selection is not large. It is impossible to have corsets satisfactorily made to measure in India.

A warm dressing-gown will be needed, also several washing rest gowns or wrappers for the hot weather.

Shoes.—White shoes of drill, poplin, suède, or buckskin are almost universally worn in India and the tropics. Chinese bootmakers are to be found in many of the larger stations. They excel at copying, and if good materials are available and a pattern is provided, can turn out very satisfactory shoes of leather or other suitable fabric. It is a good plan to take out a small supply of well-cut boots and shoes and to have them copied locally. In the cold weather and in hill stations light shoes such as are worn in England during the summer are needed.

Strong country boots and shoes of brown leather are suitable for general wear in the tropical colonies. A good supply of these is necessary, also of white drill
shoes. A few smart shoes for the house and for wear in the cities should be taken. High mosquito boots of soft leather are very useful in districts infested with mosquitoes.

_Frocks and Gowns._—The number of frocks required necessarily depends on the manner of life of the wearer. If her position demands much entertaining and going about, she will need a variety of smart and attractive frocks and hats. Elaborate and expensive garments are at all times out of place in the tropics, and in a quiet station a large wardrobe is unnecessary; a few simple and pretty clothes are all that are required.

_Cold Weather and Hill Stations._—For cold weather in India and hill stations, a tailor-made frock or coat and skirt of light weight woollen material, preferably washable, also a few skirts and jumpers or shirts for sports, and a warm coat for day wear are required; and a wrap for the chilly evenings must not be omitted. Frocks for afternoon and evening wear should be of thin texture. Tropical sunshine is bright, therefore light colours are more pleasing than dark shades and sombre hues. All gowns should be carefully selected, remembering to choose only those of material suitable to a tropical climate. Some silks, such as taffeta, split at once, tinsel embroideries tarnish quickly, sequins become sticky, and artificial flowers soon lose their freshness.

_Furs_ are generally worn—even a fur coat is a comfort on chilly days when driving. Furs of fair quality can be bought in the hill stations.
A raincoat of double texture but light in weight is indispensable. Rubber coats are useless.

A strong umbrella is needed in the hills. For real service and protection from the sun, the umbrella of cotton or tussore, lined with green, must be used; it may be obtained locally. Sunshades to match the dress should be taken for special occasions.

**Hot Weather in the Plains.**—During the hot weather in the plains and all the year round in Southern India and the Far East, thin white washing materials or those of pale shades in fast colours, are universally worn—cotton or linen in the mornings, and muslin, voile, georgette, crêpe or thin silk for smarter wear in the afternoons or evenings. Pretty and simply made frocks are needed, not only for wearing, but also for copying by the durzi or tailor. A few lengths of inexpensive material from home, in cotton, muslin, or linen, will make a pleasing change from the silks or cottons obtained locally. Only materials which wash are really satisfactory in a hot moist climate.

**Hats.**—Simple hats for morning wear and others suitable for social functions, may be taken; these can be worn in the hills and during the cold season, and after sundown in the hot weather of the plains. The orthodox and very necessary topee, covered with drill or tussore, is to be bought everywhere in the tropics. A more attractive variety, made of pith in various shapes and covered with fancy straw or silk and trimmed, is sold by European shops in the cities.

Milliners and dressmakers with a stock of hats and
gowns from London and Paris, visit the larger stations during the season, and some will make up materials to order. Naturally these goods are expensive, but it is very convenient to be able to obtain smart clothes in an emergency.

At least one riding habit, or ride astride coat and breeches, of good cut, made of a tropical light-weight cloth, should be taken out by those who intend to ride. A good durzi will copy it very satisfactorily in drill, tussore, or other material.

Gloves.—Gloves are necessary in the cities and fashionable hill stations; during the hot weather in the plains, except for official functions, they are not worn. Kid and suède soon deteriorate in hot and moist atmospheres, so it is unwise to take out a large stock of any gloves except those of fabric, which are much more suitable to hot climates. Where a large supply of gloves is needed, it is much better to have them sent out periodically from home.

The Tropical Colonies

In the high altitudes of the tropical colonies English country clothes, like those worn during a hot summer at home, are suitable for wear. Thin washing materials are needed in the coastal cities where the climate is hot and moist. It is unnecessary to take out a large stock of washing coats and skirts, since cotton materials may be obtained locally and made up in the cities quite satisfactorily, if a good pattern is provided.
Children’s Clothes

Children need warm clothing for the cold weather and in the hills. A thick coat is required for use on chilly mornings and evenings, and woollen stockings, strong shoes, and a good raincoat are necessary for the hills. Shoes should always be worn in the tropics, for it is not safe to walk about with unprotected feet, even in the house.

A warm dressing-gown is essential. For night wear pyjamas are suitable, and they should be of wool for the cold nights, and of fine wool and cotton mixture for the hot weather.

Vests and combinations of gauze, both thick and thin, are required. It is well to have an ample stock to allow of frequent changes.

Frocks and suits as would be worn by children in England are needed, with the addition of numerous washing garments. All should be very simply made and should fasten easily. The children’s wardrobe can always be replenished with materials obtained locally.

Party frocks, with appropriate shoes and stockings, should be included in the outfit if the residence is to be in a station where there are other children.

Topees must always be worn; therefore one should be bought either at home or at Port Said, where they are cheaper. Others can be obtained later. It must be remembered that a topee, to be of any use, must be of adequate thickness, and of a shape to protect the back of the head and neck.
One or two pretty hats should be taken for afternoon wear in the hills or cold weather.

**Customs.**—A small duty is charged on all clothes sent out from home by post or otherwise. The cost of parcel postage is small, but it must be taken into consideration when calculating the cost of articles dispatched.

**Furniture and Furnishings**

*India.*—The British population in India is a floating one. In all the Services, changes of station are frequent, and it is seldom that the whole period of a man's service is spent even in one province. Fortunately, a Home is something portable and does not depend on location. The Englishwoman in India soon learns this, and is always ready to pack up her belongings at very short notice, not without grumblings, it is true, but in the main cheerfully, optimism being one of her most characteristic qualities.

The annual visit to the hills alone makes a woman realize that it is wise to limit her possessions, though curiously enough, of all women, the Anglo-Indian cannot resist the temptation of collecting brasses, rugs, embroideries, and treasures of all kinds. She usually goes back to her winter quarters laden with trophies obtained from the too fascinating shops in the bazar of the hill station.

Heavy furniture especially is a great encumbrance. Distances are great and the expense of moving is proportionate. Some people sell their old and buy new furniture each time of moving, others always hire.
In every station of any size there are furniture dealers who hire, buy, and sell. Auction sales take place frequently and furniture constantly changes hands. Much of it is according to a standard pattern, plain, serviceable, and ugly. It is best made of teak, a hard and heavy wood which resists attack by white ants and other insects which destroy softer woods as well as fabrics.

Elaborate and costly furniture may be bought in the larger cities, but the prices are beyond the reach of most people, even if design and materials were suitable for a bungalow. Some of the larger stores supply English-made furniture of an ordinary type, but the choice is limited, and prices are necessarily higher than at home.

Single iron bedsteads with spring mattresses are in universal use and may be obtained in most stations. Some prefer the inexpensive native bedsteads consisting of a wooden framework, across which interlaced bands of wide woven tape are stretched, making a firm but springy surface, cool and comfortable in the hot weather.

European-made mattresses and blankets are sold in the European stores, and country-made bedding of a cheaper quality, but quite good, comes from Cawnpore, and can be bought in most places. Cotton sheets for hard wear are sold in the bazar shops.

Fine bed- and table-linen, towels, etc., should be taken out from home. The process of washing as done by an Indian dhobi is most destructive, and the life of fine linen is deplorably short. In selecting household
linen for use in India this point should be taken into consideration. Strength and durability rather than delicacy of texture should be preferred by people of moderate means.

All household towels, dusters, etc., can be obtained to advantage in India.

Eider-downs, being light and warm, are most useful in the cold weather and should be bought in England.

The essential articles of furniture can always be supplemented by others obtained locally or from the stores. Most districts have their local handicrafts, and some of them produce articles of good design and colour. Carved or inlaid tables, screens, bookshelves, chairs, stools and brassware are often very attractive. Wicker chairs of varying shape can generally be bought, and when upholstered and covered by the durzi are quite useful.

'Cutlery and plate should be taken out; they can be bought in Indian cities, but are expensive.

China and glass are sold in the large stores, but the choice is limited. People who are fastidious about their table appointments generally prefer to get their tea, breakfast, and dinner sets from home.

Only exceptionally are the floors of Indian houses sufficiently good and sound to allow of valuable rugs being placed directly on them. There is no difficulty when they are of marble, good parquet flooring, or of hard wood. Matting of local or Japanese make is often used as a covering, but it harbours dust and
insects. Where this is used of necessity, it should be regularly taken up, cleansed, and exposed to sun and air. Dhurries or Indian-made cotton carpets are inexpensive and washable, and can be obtained almost anywhere. They are of various sizes and colourings, and form a good foundation for smaller rugs of good quality. Like all floor coverings they should be taken up frequently and well shaken outside.

Indian wool rugs or carpets of good design and colouring can be procured, though some are crude and of poor quality. The best ones come from Amritzar, Agra, or Mirzapore, or are made by prisoners in some of the gaols. Rugs copied from old designs and well made are desirable possessions. Good rugs can never be inexpensive, but their wearing qualities are so superior that, if design and colour are satisfactory, they are cheaper in the long run.

Persian and other Eastern rugs are sold by dealers all over India. Inexperienced people should not buy these without advice from an expert. In most stations there is some one who knows enough about Persian rugs to prevent too flagrant deception.

Cretonnes, chintzes, and other materials for curtains, and chair and settee coverings should be bought at home. They are to be obtained in India, but they are not cheap, nor is the selection large. Plain materials of cotton or silk, either Indian or Japanese, can best be bought in India. They may be dyed to the required shade or colour, or embroidered at a comparatively small cost. The durzi can upholster and
cover the chesterfield and chairs, make curtains, and do the hundred and one small repairs required in the house.

Valuable pictures should not be taken out; the risk of damage from climate, insect, and other pests is too great. It is advisable, however, to have a few pleasing and not too precious water-colours, engravings or other pictures, lightly framed, so that they can be easily packed.

A few favourite books should not be forgotten, and it is well to have a small collection of selected standard books in cheap light bindings. The club libraries are full of fiction, usually not of the latest, and their supply of good literature is often lamentably deficient. There are bookshops in the presidency cities, whence new books can be ordered and sent by post, and paper-backed novels can be bought at many of the railway bookstalls.

A few cushion covers, lamp shades, pots for plants, china or glass vases for flowers, etc., should be packed in with the other things.

The *Tropical Colonies*.—As in the case of those going out to India, it is unnecessary for a colonist to take out heavy furniture from home. Freight is expensive, there is a customs duty on such things, and it is possible to buy from the stores in the cities.

The outfit should be similar to that for India, including plate, cutlery, linen, a sewing-machine, cretonne or other washing material for covering
furniture, cushions, books, some pictures and a few articles for decoration; a good modern blue-flame oil cooking-stove may be taken with advantage. Housekeeping is made much more arduous when there are many things to be looked after, so "simplicity, durability, and no superfluity" should be the aim.
CHAPTER VI

JOURNEYINGS

The Voyage.—The duration of the voyage to India is from three to five weeks, the time taken depending on the port of embarkation and the landing-place. If the destination is one of the colonies, the length of the journey naturally depends on the route taken and the geographical position of the colony. In any case the voyage will be a matter of weeks, so foresight and careful planning are necessary in order that clothes suitable to the temperature and adequate in quantity will be available on board.

Unless time is an object it is wise, when proceeding to India or the Far East, to take one of the slower and less crowded boats sailing from Liverpool or London, rather than to join the crowded mail boats at Marseilles. This is especially to be advised where there are young children; the expense is less, the discomforts of the overland journey to Marseilles are avoided, and the children are able to settle down in their new surroundings before the bulk of the passengers arrive. It is better in all cases, if possible, to avoid the inconveniences of changing steamers on the route; for it is most exhausting to have to pack and repack in a hot climate. In most of the steamers very little
special provision is made for the comfort of families. It is well when taking the passages to inquire whether there is a bathroom for children, and a place for drying and airing their clothes. Some steamers are provided with a play-room or nursery. Fortunately, most children are good sailors, though occasionally one comes across a child of nervous temperament who may be very sea-sick.

On board, regular hours and nursery routine should be maintained as far as possible. Well-mannered children are appreciated, but badly brought-up, disobedient children who make themselves a nuisance to the passengers are anything but popular on the ship.

Should the family be accompanied by a nursery governess or nurse experienced in travelling, the parents will not be much inconvenienced. The nurse will, however, appreciate having some time to herself each day when she is “off duty,” and if she should prove to be a bad sailor the mother should relieve her as much as possible.

A mother travelling alone with children without the help of a nurse, must be prepared to sacrifice her own comfort, and devote herself to them. The meal-times are the chief difficulty. Children breakfast, dine, and have tea together with their nurses before the other passengers. When the mother has no assistance and the children are young she should be with them at table. The stewardess may be induced to give an eye to the children while the mother is having her meals afterwards. If this is not possible,
occasionally an arrangement may be made with a friend to allow her nurse to take charge at these times.

It is more satisfactory, though much more expensive, to pay half or the whole fare of a fellow-passenger in return for service. If the assistant is an experienced nurse and a good sailor this plan works well, but if she is an unseasoned traveller it is somewhat of a lottery. When only a proportion of the fare is paid there should be a definite understanding as to the amount of assistance to be rendered.

Travelling ayahs are sometimes available for the journey to or from India; except perhaps for a young child, they are not to be recommended; the objections to them are many.

When the cabin is shared with other passengers every effort should be made not to inconvenience them. As a rule people are very kind and helpful to mothers travelling with children, but such kindness should never be imposed upon and taken as a matter of course.

Weather.—Unless monsoon conditions exist in the Indian Ocean (as they do from June to September), or the weather is unusually bad in the Mediterranean, the voyage is very pleasant. Most people become quite good sailors after the first few days. Calm weather may be expected in the Indian Ocean from October till March. The Red Sea is proverbially hot, with a steamy enervating heat, which, if there is a following wind, becomes almost unendurable; with a head wind it is less trying. When engaging passages always ask which is the cooler side of the ship and choose berths accordingly; so that
the very appreciable advantages of the breeze may be enjoyed. Electric fans are now usually fixed in the cabins without extra charge; they are a necessity, and if not provided should be hired from the company.

The weather in the Atlantic varies with the season. In the North Atlantic it may be very cold during the winter months; further south, the weather becomes warmer. Storms may be expected at times, but the voyage south is usually very pleasant.

Clothing.—The voyage to India may be divided into three sections from the point of view of clothing. The first 14 days or so are spent in the Bay, the Mediterranean, and the Suez Canal. Clothing as worn in a temperate climate is needed, with warm wraps; for the evenings are chilly, and the Bay may be very cold. During the four days spent in the Red Sea, very thin light garments are worn, and in the Indian Ocean clothes as for an English summer. In the extreme heat of the Red Sea, dressing becomes an ordeal, and the less children are troubled with clothes the better. Crêpe materials which do not crush and are easily washed out are most suitable. For boys a vest or shirt and shorts, or one-piece garment, and for girls a combination and short jumper frock are ample. Toppees or pith sun-hats are not necessary for the voyage as the decks are protected from the sun’s rays by roof and awnings. Should the journey be taken either early or late in the winter season, toppees should be worn on landing. They can be bought before leaving England or in Port Said. Only in December and January is it
really safe for a child to be exposed to the midday sun without the protection of a topee.

Garments of different degrees of warmth should be packed separately so that they may be easily taken out when required. Facilities are given on board for access to baggage labelled "Wanted on Voyage." Clothes should be packed so that, as far as possible, everything needed at each stage of the journey can be obtained from one trunk. An inventory of the contents of each package should be made and placed on top inside; and a copy should be kept for reference. Each trunk should be numbered. It is most tiring to have to unpack several boxes to hunt for one article.

Only essentials should be kept in the cabin, which, however well one manages, is always overcrowded, and without system becomes chaos.

Toys, games, and books for the use of the children during the voyage should be packed in a separate box and given out as required, and it is well to keep some in reserve. For the sake of the other passengers the child should be kept interested and occupied and boredom avoided. If the children are old enough, it is not a bad plan to let them have a daily lesson which can be given by the nursery governess or the mother. This will break the monotony of the day and play will be all the more appreciated.

Children should be taken out East only in the interval between the end of October and the beginning of March, when the Indian Ocean is likely to be at its best and the Red Sea is least uncomfortably hot.
Sleeping on deck is allowed during the latter part of the voyage. Mattress and bedding are carried up by the steward and placed on that part of the deck set aside for women and children. It is much cooler and pleasanter than in the cabin, the drawback being that the decks are cleaned at an early hour in the morning, so that it is necessary to go below and finish one’s rest in the stuffy atmosphere of the cabin.

The Voyage Home.—It should not be necessary to remind the homeward bound mother that warm clothing is indispensable for the European end of the voyage. After residence in a tropical climate people seem disposed to take cold very easily. Many a chill which has been the beginning of severe and even fatal illness has been taken in the treacherous Mediterranean. Really warm clothes should be available from Port Said onwards.

Railway Journeys.—On the railway journey from the port of landing in India to the destination thin clothing will be needed, except during December and January, when the days may be chilly and the nights cool. Should the journey be northwards very cold nights may be expected and warm clothing is essential.

It is customary to take bedding with one when travelling. In a canvas hold-all are packed a resai or quilted cover, sheets, pillows, blankets, and perhaps an eider-down for the cold nights. Fewer coverings are needed in the warmer season. The railway carriages are built so that each compartment accommodates four people. There are two lower berths, one on each
side, and above them are the two upper berths which are closed during the daytime. The lower berths are used as seats. A lavatory is attached to each compartment.

The distances from place to place in India are so great that it is often necessary to spend several days and nights in the train. People travel a great deal, and soon become used to the inevitable discomforts, learning to make the best of things. Meals are to be obtained either in a restaurant attached to the train, or in one of the station refreshment-rooms during a halt. Tea is brought to the carriage periodically—or it may be made in the carriage.

Some officials have the use of special cars which are provided with conveniences such as kitchen and dining saloon, but ordinary people travelling with children take tea and luncheon baskets equipped with spirit stove and necessary appliances for providing a meal. It is not safe to give milk and other foods bought at a station to children; consequently the food supply for the journey is usually taken from home or the starting-point. An ice-bucket will keep milk and soda-water cool; ice may be obtained at certain stations along the route.

Fortunately the compartments are roomy, otherwise the mountains of luggage (nominally hand luggage) often taken into them by passengers would leave no room for their owners. Bedding, luncheon and teabaskets, and a suit or dressing-case for each individual are indispensable; all other articles should be placed in the baggage van. The larger trunks should be of strong but not too heavy material, for all baggage is
carried by coolies, sometimes for very long distances. One or two steel airtight trunks are very useful to protect valuable clothes and materials from the ravages of insects or effects of climate.

If it is absolutely necessary to take children on a railway journey during the hot season, every precaution against ill effects should be taken. During the heat of the day the windows should be kept closed and the blinds down. Ice in abundance, with an ample supply of soda or other drinking water, should be provided. During the hottest part of the day the punka should be kept going, and the children made to lie down with a constantly wetted cloth over the head.

Should the destination be a hill station, it must be remembered that there is a very sudden and violent transition from the heat of the plains to the cold of the higher altitudes. During the ascent, which may take only a few hours, there is a great drop in temperature and consequent danger of chill. Warm garments should be put on before leaving the train, and additional wraps should be carried and used as required. If the heavy baggage should be taken up separately and delivered later, some warm bedding and extra clothes should be packed with the light luggage. It sometimes happens that there is delay in getting up the heavy trunks, and woeful is the plight of the family who arrive shivering with cold, and perhaps wet through, with no change of garments and insufficient blankets. In every case the wise mother will insist on having these with her, and not risking the ascent without them.
Journeys by Road.—In India it is often necessary to journey by road, as there are many districts not reached by railways, and some hill stations even are without railway connections. There are no hotels except in the more important stations, but along the regular routes at intervals there are rest-houses or dak bungalows, erected and kept up by government. These are at the disposal of travellers on payment of a small fee. They consist of a row of small quarters (bed and bathroom) plainly furnished and containing beds, but no bedding. The bungalow is in charge of a khan-saman, who provides food, which is partaken of in a general dining-room. Other bungalows intended for the use of officials are stationed along less-frequented routes. In them no provision is made for food, as officials make their own arrangements for this and have their own servants.

Of late years motor services have been established where roads are good, and they are gradually displacing tongas, the characteristic uncomfortable, two-wheeled, four-seated vehicles of India, which may be drawn by horse or bullock. Coolie-drawn rickshaws are used in some districts. Where the roads are more like bridle-paths and unsuitable for wheeled traffic, various types of chair are in use, such as the palanquin or palki, a rectangular box, and the dandy, a canoe-like seat, both slung on poles and carried by coolies.

The comfortable cape-cart of Africa serves as carriage and inn, and is in general use in the colonies for long road journeys.