

Scooter! No; Bicycle! Yes—Why?

It cannot be said that the bicycle is not a major means of conveyance in India. Though the proportion of motor cars may still be lesser than that of the rich countries, the motor cycles and scooters have indeed become a common sight in the country. They are not only numerous on the roads and streets of cities; they also run up and down the village lanes. During marriage ceremonies, multitudes of these two-wheelers can be seen parked in line upon line near the site of the marriage ceremony. The way in which the people of India exploited the bicycle, it appears that they are now in the same way exploiting the scooters and motor cycles. Whole families can be seen perched on a single scooter or a motor-cycle. They are also being used to transport goods.

China has developed pretty fast. It has an army which is thrice as large as India's. It has also made atomic and hydrogen bombs. But despite these things, the Chinese roads are still dominated by the bicycle. No other country has as large a number of bicycles on its roads as China. A few years ago, the people in Canada and America had also become fond of bicycles. They had a large number of bicycles imported from India, not to ride for travel but for physical exercise. But in China, people use bicycles in a more meaningful way, i.e. for travelling from one place to another. The city of Beijing has a population 60 lakhs (1989). It is estimated that the number of bicycles in that city must at least be 30 lakhs. If they did not have 30 lakh bicycles, then the people would have had to walk to their work places and shops; the government servants would have to go to their offices walking and the students would

have walked to their schools and colleges.

The people of India may wonder at the above information because the buses and motor cars are being used so much here, but the information is completely true. The chief means of conveyance in China is the bicycle. No doubt there are jeeps, railways trains and aeroplanes; but they are used only to travel from one city to another or to go to far off places. Even to go from their own town to a nearby city or town, they use the bicycle. The reason why bicycles are used in such numbers in China is that the use of motor cars is restricted. The number of people who own their own personal vehicles is extremely small. All vehicles used for public transport are owned by the government.

Even the vehicles available for public transport are small in number. The motor cars in the Beijing city, with 60 lakh inhabitants, are called taxies. They are not owned by individuals but by public companies. The number of such companies is 260, and between them they have a total of 9800 motor cars and 2200 buses. Out of the 9800 motor cars, 4000 are rented by the government, which are used for the conveyance of government officials to and from their offices. The government encourages its citizen to use the bicycle, as it wants that the oil imported from abroad should be reduced to the minimum, and the health of its citizens should remain in good state through walking and riding of bicycles.

Thus, the Government of China forces its citizens to do physical exercise as explained above. Col. G.K. Verma, a military officer who is attached to our embassy in China, is my personal friend. While in China, I borrowed a motor car from him, in which I visited a number of places in Beijing city. In that city of 60 lakh inhabitants, I could only find a single motor cycle on the roads, and no obese person. Everyone was riding a bicycle, be they men, women, old people or children. They all had slim bodies; no one was fat. When I pointed out to the representative of an Indian newspaper who was accompanying us that in this city of 60 lakh people I could spot only one motor cycle, he said

that he had seen two. Be it one or two motor cycles, it was a novel thing. Being avid bicycle riders the people of China are slim and smart.

The motor cars available for hire were not so numerous. They are selling the old motor cars but the new ones being so expensive, they are unable to buy them. Till now China produced buses but no motor cars. Now the motor cars have also begun to be manufactured there. But the motor cars being built there are so expensive that they are beyond the reach of an average Chinese. The motor cars are all small size ones but their price is one lakh thirty thousand rupees in Chinese currency, which is equivalent to rupees five lakhs twenty thousand in Indian currency. When people ask the car manufacturing companies why they do not increase their car production, they say that they have no money; they point out that the price of everything is on the increase; petrol is becoming costlier; government taxes are being increased; there is expenditure everywhere. The companies that run the car hire business said that they have 500 motor cars; if they sell all of them, then after paying back the dues of banks and insurance companies, they would still be left with rupees six crores; with this capital, if they start another business, they would get much more profit. But the car-hire companies cannot sell a single car without permission from the government. In China, the tractors are few in numbers, so much of the ploughing is done by bullocks. They think that the tractors take away the employment from lots of people, therefore the bullocks are better. They provide employment to people.

- Ozone layer is the concentration of ozone (O_3) gas particles in the atmosphere. This layer lies about 10-50 kilometers above the earth's surface in the stratosphere. Its maximum concentration is at about 25 kms above sea level. Scientists have recently measured the thickness of this layer above the South

Pole and found a large hole in it.

- Ozone layer acts as a shield to protect the animal and plant life on earth from the harmful effects of ultraviolet rays from the sun. The adverse effects that are likely to follow from the decreasing thickness of this layer are as follows :
- Increased possibility of skin cancer; the ultraviolet rays destroy the acid contained in the DNA.
- Increase in eye disease (cataract) and skin blisters.
- Damage to the immune system .
- Adverse effects on crops and animals.
- Increase in the growth of weeds over land and sea water.
- Cooling of the stratosphere and adverse effects on atmosphere over the earth.

Enemies of Poor Pedestrians : The Motor Cars

Do not weave traps of death by filling your roads and streets with scooters and motor cycles. The youth who speeds his motor cycle on the road to show off his splendour is only adding another strand to the trap of death from which even a sparrow cannot escape, let alone a human being. Do not treat these scooters as play things; they are tools of death, which are turning the roads into killing grounds and the hospitals into homes for the crippled. These dangerous toys are making people cripples and putting begging bowls in their hands. They are making women widows and children orphans. These toys give off deadly gas carbon monoxide which is one of the most poisonous gases on earth. This gas eats up the lungs and reduces peoples' length of life. It causes unnecessary deaths. Many a youth playing with these toys have been crippled in the prime of their lives and many crores have gone into the lap of death.

India is the country where people used to distribute kheer (rice cooked in milk) and krah (porridge) on the auspicious days of *Sangrand* (1st day of month), new moon and full moon. Those same people are now racing scooters and motor cycles on roads and the dust raised by their tyres in going into peoples' lungs and causing dreadful diseases like TB. These dreadful machines burn up oxygen in the atmosphere and turn it into the poisonous carbon monoxide. Oxygen sustains life while the carbon monoxide kills it. These mechanical monsters also give off lead which eats into our vitals. The *mahan dal* (black gram) has always been

given importance in India as it is more nourishing for the body. My countrymen! remember your sages and saints who started such life-giving practices; but now you have started going astray. Why are you getting into this trade with the poison?

My brothers! you who ride motor-cars and motor-cycles, scooters, do not ruin the health of your countrymen by showing off your false pride. Do not go on the path of economic ruin. Do not increase the number of cripples; do not increase the expenditure of hospitals, and homes for the cripples. Do not sacrifice your lives in the prime of your youth. These are new evils. You have forgotten how to give money for good causes because you are busy in these expensive trifles. They have taught you to take bribes, to cheat at weights and measures, to steal, and to commit robberies. You are hardening your hearts towards the needs of your parents, poor and widowed women, because of your increased spending on these trifles. You are causing injuries and deaths to children playing in open spaces and narrow streets for want of proper playing grounds when you ride your motor cycles there. By riding your motor cycles recklessly in narrow streets, you have made mothers overanxious for the safety of their children, so that they don't allow their children outside their homes. Ignorant fools! you have already turned the roads into killing grounds, you have not spared even the streets, where children play; you have brought these monsters to the streets where they dance their ugly dance. Though there still are open spaces in villages where the children can play, in the cities they have nowhere to play but the streets in front of their houses. You do not desist from bringing these fit-fits to the streets to show yourselves off. These pranks are not befitting to the inhabitants of a poor country; they are shameful acts. The loud fit-fit sound of your scooters is especially painful to the ears of the old people.

The time of old age is the time when the nerves and arteries of a person are in a weakened state; it is the time

when a person needs a quiet place where there is no noise.

In the Mahabharata text, there are duties mentioned while travelling on road. They are : give way to the following :- old men or women, a person carrying load over his head, small children and a saint or *mahatma*. You give them way. But now, on the contrary, you are forcing them to give you way. Could the *Waheguru* be watching these, your violations of good behaviour, with favour. The smoke and dust which you raise when you ride these machines, goes and settles on milk, curd, *gol-guppey*, *alu-chhole* etc. and gives rise to diseases like TB. What more evil deed can you perpetrate against your countrymen? A country where moral values decline, becomes weaker; nay it may even become slave to another country.

Your reckless expenditure can endanger the political and economic well-being of your country. 'The blind grind corn and the dog eat'; it can not go on for ever. Pull up yourselves! lest you miss the chance to reform yourselves in time. Keep the warning given by President Sanjeeva Reddy in your minds, which he gave on 31 March 1979, to the big traders and industrialists : when you buy or use something do not forget the condition of the poor in your country; have sympathy for them ; and live simple life. The spread of black money is corrupting the lives of the people ; it is making government officials corrupt. He said if the promises made to the people for the last 31 years are not fulfilled, what will become of them? He said if the inequalities in the economic structure are not corrected, the stability of the nation will be in danger. He said that the rich should not live ostentatious lives by spending money on non-essential things; they should keep in mind the fact that 50 percent of their countrymen are living below the poverty line; a poor worker has sometimes to walk miles to earn two rupees a day. The toys like motor cars, motor cycles and scooters are making you to commit such terrible sins that even the earth would tremble. The newly wed poor girls are burned to death merely because they were not able to bring such toys as scooter, television

or fridge in their dowry. Seven girls per day are being murdered in this manner.

If you do not stop treating these toys as symbols of your greatness, the nature will be forced to devise some instrument for your punishment and will avenge every sin that you are committing against these poor girls. Many such instruments of punishment have appeared in a number of countries, whose inhabitants now regret that there was no one to warn them about wasteful spending of money to show off their wealth and social status; that there was no one to advise them to share their wealth with the poor; that they are now regretting their foolishness and are warning the others against committing the same blunders.

According to an estimate of the United Nations Food and Agriculture Organisation (UNFAO), in the developed world about 200 million hectares of forests have perished between 1980-1995.

The Cigarette Killed Me

American writer, Mark Waters, completed writing his life story four days before his death. About this life story, he clearly said, "This is my last will and testament and I am writing it so that others could benefit from reading it." He wrote: "the cigarette proved to be my death. I first became acquainted with this killer at the age of 14 years, when I stole cigarettes from my father's pocket. At first its smoke made me feel like vomiting, but as I became habitual of smoking, this feeling slowly disappeared.

Later, I began to work in the shipping department. Cigarettes were available there at very cheap rates. I smoked two packets a day. After completing 20 years of shipping service, I enrolled in a university and got a B.A. degree. Then I began to work for a newspaper. One day while walking towards my motor car, I had a mild stroke and collapsed. That night, I smoked cigarette after cigarette. Later both I and my wife forgot all about it.

But then my health began to become worse, day by day; I lost the sense of taste in my mouth; I lost appetite; breathing became difficult; my chest became over-sensitive to cold. From June 1965, I began to have stomach problems; I got up to smoke at every hour of the night and also to drink milk. From September onwards, I began to have terrible bouts of coughing and my lungs pained. I went to doctor, who told me there was a tumor in my lungs. A surgeon operated on my chest and removed it. After one month, I returned to work and had no problems for the next three months. By then I had given up smoking, because as soon as I inhaled the smoke, my chest hurt.

In January, I caught a chill and was laid up again. I

had to visit doctors time and again. I later came to know that at the time of my first operation itself the doctor had told my wife that I may not live through another full year. But my wife had neither believed him, nor had told me about it. The doctor now told us that the lung cancer was of four types and each type grows at different rate; he also said that only one patient of cancer out of every twenty survives the disease. Fifteen to twenty percent of heavy smokers were sure to catch this disease. They catch not only cancer, but many other ailments; as a result they die within a short time."

"I do not know whether my life story will teach anyone to give up smoking, but people should not remain ignorant of the facts; that is the purpose I am writing this story for. My breathing has become so difficult that I can not walk even five steps in one go. The cancer has reached my heart, so there is no doubt that I am going to die. I was too late to realise my mistake but perhaps you still have time to give up this fatal habit, so that you do not have to despair for your life, as I am doing now."

Two and a quarter cigarettes have so much poison in them that if it is injected into a person's blood, he can die. A person smoking twenty cigarettes a day, consumes four hundred miligrams of nicotine per week. If the same amount is injected in his blood, it will kill him as fast as a bullet. A four-year study in an American University has found that the boys who did not smoke grew taller in height than the ones who smoked; their weight increased faster, as well as the capacity of their lungs. The chests of non-smokers grew by 77 percent faster than the smokers; and their height increased by 24 percent faster. Sports teachers say that the non-smoking boys' muscle power grows faster than those who smoked. The breathing rate of those who smoke cigarettes and tobacco becomes faster; but their life spans become shorter.

Some Facts

- There is no shortage of food in the world, yet 85

crore people sleep on hungry stomach.

- During the last 20 years, the use of chemical fertilizers has increased but the food production has decreased.
- During the last 50 years, the input cost of agriculture has been on the increase, while the value of food produced has been declining.
- Every kind of information is readily available, but despite the information about nourishment value of different kinds of food being available, the diseases are on the increase.
- The industrialisation of agriculture has given rise to many problems, such as death due to pesticides, suicide by debt-ridden farmers and lack of employment in the villages.

Fridge

To protect teeth and gums from decay extremes of temperature should be avoided. It means that to save the gums and teeth one should avoid eating and drinking extremely hot or extremely cold things. Eating or drinking extremely hot or extremely cold things is to be cruel to your teeth and gums by making them diseased.

People are giving up the time honored customs and usages, and adopting those that are yet to be tested. One such practice is to replace earthen vessels by refrigerators to cool water. People keep many things at home to show off their wealth, but they are not always aware about what they should know about them before starting to use them; they do not know all the risks involved in their use. Water becomes sufficiently cool when kept in an earthen pots but the upper class people think it below their dignity to use them. They prefer to drink the fridge cooled water, which is so cold that it hurts the throat. Whenever I have to drink the fridge water I do it with great regret, knowing that it may harm my throat. Another silly thing people do is to eat chappaties coming hot from the tava (cooking plate) and drinking the ice cold water of fridge at the same time. Even if a hot earthen pot is kept on a cold surface, it cracks. To indulge in the above practice causes the same harm to teeth and gums as the cold surface does to the hot earthen pot.

Dr. Sias Dev writes that if you want to keep a fridge, you must first know about the rules for its use. He has listed various food items like fruits and vegetables and the duration beyond which they should not be kept in the fridge. These also include *chutneys*. The people who keep fruits and vegetables in the fridge beyond their specified durations, could catch the following diseases : cough, cold

and intestinal diseases. He writes that if a family manages to save fifty rupees per month by preserving food articles in the fridge, it may have to spend as much as two hundred rupees on treatment of diseases which result from eating food kept beyond its prescribed limit in the fridge.

People have a mistaken notion that if the fruit kept in fridge has not changed its surface colour and seems outwardly in the same condition in which it was kept in the fridge, it is safe to eat it; but they are wrong. Take the case of an apple. If it is kept in the fridge beyond 16 hours it will begin to rot from inside, though it may not change its outer colour for 48 hours. The disease carrying germs are thus produced in its interior, though outwardly it may appear to be the same.

The greatest culprits are the *Tandoor* owners. They keep vegetables and meat in the fridge for 5-6 days at a stretch. The eaters of these items are sure to get disease. If you have to eat, eat at a *tandoor* that has no fridge; or eat from those places where the women sell home-cooked food on the roadside. If you are offered food or drink in a home, politely tell them not to serve anything that has been kept in the fridge. A one year old girl died in Amritsar from contact with a fridge that had a short-circuit. The people in villages who have cattle in their homes do not need to keep the leftover food in the fridge. They can feed it to their cows and buffaloes, which is the right thing to do. If one doesn't have a cow, he could feed it to the neighbour's cow. One should not ignore the cattle; they are our companions; it is with their support that the human race survives. The basis of life for us Indians is the agriculture. Bullocks are necessary for agriculture; it is they that pull our carts and ploughs. The milk of cow is better for children than that of a buffalo; numerous households in India therefore feed chunks of flour dough to the cows. The cow may be one's own, or it may belong to someone else, but if we begin to keep the leftover flour dough and dal in the fridge for next day's use instead of feeding them to the cow, who would be more foolish than us?

Fridge can sometimes sting like a snake. The electric-

ity that runs it sometimes kills people. Fridges are making us to ignore cattle; by doing this we are only advancing towards ruin. When man is cruel to animals, he will not hesitate to be cruel to his fellow human beings. Dharamraj Yudhister had taken eight vows, one of them being that if he commits an unjust act, let him be punished for that sin by punishment, which is the equivalent of the sin of drinking the milk of a cow meant for her calf. During childhood whenever I was given a new head covering or shirt, my mother would say that I must wear it only after touching it a cow's horns or a pot of water.

The Bathinda Thermal Plant produces electricity. It burns about a hundred railway bogies of coal everyday. The black coloured ash that comes out of its chimneys deposits about half a kilogram of dust in every house within five kilometers of the plant. If left overnight in the open, clothes get blackened. The same ash goes into the people's lungs, due to which they get lung disease. These are cruelties which the electricity generating plants are perpetrating on the people. This ash is covering the fertile fields, which will one day be unable to produce anything. The burning of coal in the plant also produces carbon dioxide, which kills animal and human life.

Guru Nanak's Dev Ji used to graze cattle in his youth, and the Yogiraj Shri Krishan Ji also did the same in his youth. The Head Granthi Sant Kishan Singh Ji of Gurdwara Dera Sahib, which commemorates the martyrdom of Shri Guru Arjun Dev Ji, used to set aside a mouthful of food to feed it to animals and cattle before he ate it himself. It was a practice at the langar run by Shri Guru Amar Das Ji that all leftover food, chappaties, dal, vegetables and rice were offered to the waters of Beas river so that the fish could feed on it.

Fridge is now acting as a steam roller over all these time honoured customs and practices. When I was child, my mother would give me a basket of grain so that I could spread it on the roof to feed the sparrows, doves, gutars and pigeons; when I saw them picking grain, I would feel that

these birds must also have a place in the divine order of the creation; I would feel that they should be protected. On the day of the Dussehra, the mothers would take their children early in the morning to an ant-colony and spread seeds of sesame, rice and crushed jaggery on the ground for the ants to feed. The mothers and children would sing and invoke the blessing of ants : Ants! insects! give us food; give us wealth, give us brothers; give us nephews to play with.

Do not kill insects and incur sin. The Hindu religion has a tradition that a person should perform five kinds of *yagyas* (sacrifices), one of which is to offer food to animals and cattle. In 1926, I read an article in English Weekly 'Aryan Path'. It said that the day a young man hunts animals for sport, he lays the foundation of a war in which men would be killed. Animals have breeding seasons; during this period, they should not be hunted.

We are cruel if we are not actively kind, said John Ruskin. By this he meant that if we do nothing to relieve the pain of an animal, which we are in a position to do and the justice demands that we do it, then we are cruel.

The population of our country is increasing. Those farmers who have small land holdings, need bullocks to plough their fields. In another twenty years, all the diesel would be used up. You must keep cows instead of motor cars. Give their calves sufficient milk and when they are grown up, gift them to poor farmers so that they can produce food. An article given in the Times of India, titled 'No alternative to green revolution', says that the production of food will not be able to keep pace with the growing population in India, and like China, there will one day be a forced redistribution of wealth.

<p>During 2001, the burning of petroleum products, wood and coal, released 655 crore tons of carbon dioxide into the atmosphere. With this, the proportion of carbon dioxide in the air has increased to 370.9 parts in 10 lakhs. This quantity was the greatest in the last 4,20,000 years, and probably the last 2 crore years.</p>

Why Buses are Full and Railway Trains Empty?

Railway trains start from numerous stations in the country before sunrise and run empty, often upto the first ten stations enroute. From Amritsar, the following trains start empty early in the morning:-

At three in the morning, a passenger train starts for Ludhiana; it is almost empty when it departs. After this another passenger train departs for Ludhiana at 4:40 A.M.; that too is empty. After that an express deluxe train departs; on three days it goes to Bombay and on another three days to Calcutta. This train is therefore full. Then a mail train Shan-e-Punjab departs for Ludhiana. Businessmen and employees travel by this train as they have to reach their offices at Jalandhar, Phagwara and Ludhiana cities before 9-10 A.M. Though this train has enough passengers, there is still room for more. After this, at 9:20 A.M. a passenger train leaves for Ferozepur, which stops at all stations enroute. This also is half-full. Then a mail train departs at 9:45 A.M. It too is not completely full and has room for many more passengers. One train goes to Pathankot early at 4 A.M., which leaves completely empty. The Kalka Mail which leaves for Pathankot at 6:15 A.M. is only one-third full and two-thirds empty. One reason why fewer passengers like to travel by this train is that being a mail train, it does not stop at many stations on the way. One train departs for Qadian at six in the morning and has almost no passengers till Qadian. On the other hand, starting from 3:45 A.M., buses loaded with passengers leave for

Jalandhar, Ludhiana and Pathankot cities. They are filled to capacity. This is sheer wastage of fuel, that the newspapers and radio should highlight.

I wish that the Vice-Chancellor of Agriculture University Ludhiana should take note of this article and write to the department of radio to broadcast that the trains are running empty. The passengers at bus stations should be given this information. At Amritsar Bus Station, there should be a man posted with a large bell who should tell passengers that the trains are going empty, so that they can avail themselves of this service. Similarly, a man should be posted at Ludhiana Bus Stand, who should tell the people: "Friends, look! the trains going to Amritsar are half empty". The Shan-e-Punjab train returns to Amritsar from Ludhiana at 10:15 A.M. It has 19 compartments. The passengers which travel by this train are too few to fill all these compartments, but since the train is a mail train and runs fast, the compartments are added for safety, so that the train does not derail due to lack of load. This train returns to Amritsar half-empty; it does not have enough passengers to run it economically. Most of the passengers of Kalka Mail get down at Ludhiana when the train makes its return trip to Amritsar.

The majority of mothers in India now teach their children to gather as much money as possible, by any means, fair or foul; by bribery, black marketing, cheating at weights and measures, theft or robbery, giving false testimony, by refusing to give money for charity, and by turning their backs on needy brothers and sisters. They tell their children: "get money, and more money; spend it on whatever you want; you don't have to think whether the expenditure is essential or not". The import of diesel has imposed unbearable burden on the country's finances; every individual should be worrying about how to reduce it.

- Scientists believe that due to heating of the atmosphere, the ozone layer will weaken, because as the

temperature of earth increases the stratosphere (the ozone layer is above this) cools, due to which the natural process of ozone replacement loses its momentum.

- The ozone layer which protects the plant and animal life from harmful effects of sun's radiation has been getting depleted since many years. Scientists say that size of the hole in the ozone layer over Antarctica, has now increased to three times the size of America and is widening still further.

Live With Your Eyes Wide Open, My Countrymen! Reduce Your Wants and Learn to Save

One-fourth of the electricity produced in India is wasted. In government office, fans keep running when not needed. No clerk or officer bothers to switch off lights and fans when leaving their offices after work. Everyone has his eyes shut.

The country is facing serious problems. Foreign debt has increased to the size of a mountain; interest payment itself is back-breaking. Unless everyone of us cares to do our duty, the situation will become dangerous. The government meets all its expenses through tax money it collects through direct and indirect taxes from the people. The government officials too pay these taxes. The purpose for which this tax money is collected is not only to run these offices but to spend it on peoples' welfare. Schools and hospitals are required to be built; roads have to be built and repaired; bridges have to be built. If half the tax money gets used up on government offices, then the whole purpose of collecting it is defeated.

There is an English saying that 'the money saved is money earned.' Only the wise communities know how to conserve their resources during crisis. During the World War II, an association was formed in America which was called 'Wipe up Your Plate Club'. Its main slogan was : "leave no leftovers in your plate while eating; eat your food as if you have at the end to lick your plate clean". The then Queen Mary of England worked 8 hours a day for 9 years

to weave a carpet with her own hands; then she had it sold to get money for her country's war effort. During the period of that war, people of England lived frugal lives. The rationed sugar issued for 7 days was sufficient for only one day, but still the people bore with it; no one indulged in black marketing of sugar. The people made do with the quota of cloth they were issued.

The grown ups gave up drinking milk so that it could be given to children.

Pandit Jawahar Lal Nehru always ensured that lights and fans of his office were switched off before he left it. Being prime minister he climbed six flights of stairs to his office till the end of his life; he never got into the sedentary habit of using the lift; thus he saved electricity used to drive the lift. Though he was prime minister, he always used to ride in a small car, and not the big one. He never allowed his driver to drive at fast speed. Panditji always wore hand-woven clothes; even his bedsheets were hand-woven. He used to spin cotton on the *Charkha* (spinning wheel), a must for any one wishing to become a disciple of Gandhiji. To spin or weave cotton, no diesel or petrol is required; no coal or electricity is used, nor any wood is burnt. The cotton thread can be spun at home by widows, and can then be woven into cloth by the village weavers. Panditji often wrote articles for newspapers in praise of cotton cloth. Thus Panditji helped widows and other women of the villages to find work in their villages and saved them from the necessity of coming to cities and live hellish lives in city huts.
