

Moral Values

As the flood of technology sweeps around the world, the moral values are being eroded. This turn in the events can be ascribed to the mentality produced by the heartless machine age. The machines recognize no human values. No one can expect love, respect or understanding from machines and computers. Today the value of a man is measured by his technical usefulness; his ability to construct bridges, his invention of a machine that could replace human beings and throw them out of work; or his ability to make destructive weapons like the atomic bomb. No one feels the need to understand what kind of person a man really is who has the power to destroy whole nations by pressing his finger tip to a button. It is considered sufficient that he is an expert in technology.

Human love, understanding, and direct contact between human beings, are virtues which are now disappearing, because there exists no common thread that could bind members of the human family with bonds of love, service and respect. Men are turning into machines. Everyone is expert in his chosen field; but no one has the ability to understand the whole structure of the society in which he lives; what is his place in it? or how can he play his part to make it more wholesome; no one has the sense of responsibility, or the time. Everyone is engaged in a mad race for material advancement. India was once a guardian of moral and spiritual values; she taught these values to the whole world; she had the wisdom, accumulated through ages, and was inspired by the Vedas. If India fails to preserve these moral and spiritual values, who else will do so?

This, then, is the miserable plight the human being is caught in. Man has lost himself; he has no time, no will, no courage to ask himself the question and get an answer: Who am I? Or better still, what am I? It has happened because we have taken out those subjects from the curriculum of our studies that taught human values and understanding.

Our education system doesn't produce a desire for knowledge, it only encourages learning by rote. Our emotional, spiritual and moral dilemmas are still unresolved; we are yet to find their solutions; our woes on this earth are still multiplying. These problems and dilemmas cannot be solved with the help of a heartless technology. The subject matter of this advertisement has been taken from an article in 'Bhavan', a well-known weekly of Bombay and its author is Bibi Rukh Raina. This advertisement is a small part of that article. The Bibi has written in her article that a person who has no compassion in his heart, becomes heartless and cruel, and that the sense of religion comes only from a study of religious texts. The religious books such as the Bhagwat Gita, Upanishads and Shri Guru Granth Sahib teach virtues of kindness, compassion and temperance. The religious granths were first produced in India. The Bibi has urged her countrymen to deliver the message of love and compassion to people around the world to save them from becoming heartless and cruel. India is the land which is called Bharat Mata (Mother India) and the most important work of a mother is to give knowledge to her children. If a child is taught kindness and compassion from his birth and begins his life with acts of kindness, then he will become a kind and compassionate human being when he grows up. But the virtues of kindness and compassion need reinforcement as the child grows into manhood. If a person leads a happy life and leaves descendants, and wants his descendants to lead happy lives, through generation after generation, then he should be concerned about spreading the message of goodwill, truth and love given by the religious granths.

According to Hindu religion a man has five debts to pay during his life time; one such debt is what he owes to the Rishis and Munis who created the religious granths like the Gita and the Upnishads, that teach the virtues of truth, temperance and compassion.

- ♦ If you have come just to give me some money, you can go back; but if you think the struggle of life that I am engaged in have something to do with you, then we can work together.

-An aborigine

- ♦ The progress that the world has made, was once considered impossible.

-L. Bradige

- ♦ The earth has the capacity to meet the needs of all, but not their greed.

-Gandhi

The Cry of Bhagat Puran Singh

My heart shivers when I think about it. At the time of my birth, we were rich but by the time I was 9, the poverty had got hold of us. My mother struggled to give me education till the age of 19. My parents did hard physical labour to pay for my education. I cannot forget the time till the day I die when my parents went out to dig out grass on hot summer days and came back at noon to eat chappatis with salt instead of dal or vegetable. To pay for my education, my mother had to go hundreds of miles away to serve as house maid, washing dirty dishes in people's homes.

I was an only child of my parents, and the reward of all her hard work was that she died suffering from disease for two and a half years; the last one and half years of her life she spent lying on a charpoi. For one year, I took my mother on holy visits to Shri Tarn Taran Sahib, Shri Darbar Sahib Amritsar and Gurdwara Chheharta Sahib. During the last five months of my mother's sickness, we had to stay in the compound of Gurdwara Chheharta Sahib, to sleep under a tree, on bare earth, while I worked in the Gurdwara langar to earn food for my mother and myself. I alone know about the stench that assailed my nostrils when I washed the blood-stained rag with which my mother wiped the puss and blood she spat out. How learned the 10th failed boy of that mother has become and what unique service he has undertaken, is before my countrymen. A knowledge of the following diseases will be helpful to the people; the cause of which is: living in dirty surroundings :-

Stomach Worms :

This disease is most prevalent in Ludhiana city. I too belong to Ludhiana district. If my mother had not gone to Lahore for work for earning money to pay for my education, it is quite possible that I would have stayed in Ludhiana in some dirty locality, doing some minor job. If, while living there, some such worm had gone to my stomach and had turned me into a pale and sickly youth, what cruel injustice would it have been to my mother, me and my country! I have been honoured for my scholarly pursuits, but to pick up faeces, dung, stones, horse shoes and nails etc. from the road, while walking, has become a habit with me from my early adulthood. My age is now 75 years and I have been picking up dirt from the roads for the last 51 years.

If everyone of my countrymen develops the habit of picking up dirt and refuse from the roads, like a saying in Punjabi, "*Janne Khanne di lakri tey ik janne da bhar*", then the work of cleaning the roads will be reduced to nothing. If the citizens of Ludhiana follow my example and start picking up refuse from their roads, then I am sure they would not have to spend more than five minutes every day. This insignificant effort on the part of citizens will keep their city clean.

Now it is up to my countrymen to decide whether to surrender to these tiny worms which can be seen only through a microscope, or to spend a couple of minutes of their time everyday to clean their city, and save their lives. To permit these tiny worms to take away the lives of dear sons of mothers whom they bring up suffering much hardship, will be a matter of shame for the inhabitants of India. This thoughtlessness of Indians the world famous English scholar Huxley expresses in these words : "India is a vast latrine."

This disease is quite common in Punjab; places such as Jalandhar, Hoshiarpur and Pathankot are especially prone to it. It is caused by dirt, heat and moisture, the

conditions that prevail during the rainy season. These worms which grow in the intestines are of different kinds : some are only a centimeter long, while others grow to one meter in length. They become the cause of such diseases as cough, chest diseases, heavy breathing, heart palitation, headaches, and dysentery; children's stomachs swell, while their limbs dry up.

Hook Worm

The most troublesome of these worms is the hook-worm. These are about a centimeter long; they stick to the walls of the intestines, lie curled up there while sucking blood. The number of worms which can live in the intestines of a person could be in thousands, and they can suck as much as 10 grams of blood everyday. So if their numbers become large enough, they can suck more blood than the body makes in a day.

These worms lay eggs which come out in the faeces. They hatch in about five days by contact with the warm and moist soil and are ready to assail human beings. They enter the human body through soles of the feet and the skin around the anus. The people who go to fields to relieve themselves or those who walk barefoot are more prone to catch them. After entering the human body they enter the blood stream and reach the lungs, where they grow to maturity. Then they go to the windpipe and cause irritation and coughing. When these worms reach the throat, the patient unknowingly swallows them, and through the alimentary canal, they reach their destination, the intestines. If their numbers are not large, they cause only tooth decay and cough.

When children get infected with hook worm, their faces become pale and swollen and their bodies thinner. They have difficulty in breathing and their stomachs ache.

Cure

An examination of the patient's faeces will show the hook worm eggs. Its treatment is simple. The patient

should be given a pill of *Decares* or its powder mixed in a spoon of water, on empty stomach. The children could be given half a pill of *Alcopare*. The pills of *Decares* come in two sizes, one for the grown ups and the other for the children. The people who are more prone to this disease should take a dose of this medicine every six months. But when the disease is cured, one should take iron and vitamin tablets so that the lack of blood can be made up.

Mallup (Round worm)

Other kind of stomach worms which are not so common are the *Mallup*. These are like earthworms and can grow as long as 25 cms. The eggs of this worm do not get destroyed by heat or dry air. They mix up with dust and reach the stomach through breathing. They follow the same route as the hook worm, first to the lungs and then to the stomach through the throat and alimentary canal, they reach the intestines. The *Mallups* do not suck blood; they rob the nourishment present in the intestines. At times they grow so big that they block the intestines; the patient will have vomiting and dysentery, and at times an operation becomes necessary to clear the intestines. The treatment for this disease is the same as for the hook worms.

Chullune

This disease is quite common in children and its cure is quite difficult, as the *chullune* come out through the anus at night and lay eggs in the skin around it, and the skin begins to itch. While scratching the skin these eggs get deposited under the nail ends or the fingers; they stick to bedsheets and towels; they get swallowed while eating. These worms can be seen squirming in the faeces of the infected person; they look like thin white threads and are upto one centimeter in length. This disease can be cured with medicines like the Alm acid in Sanena. This is a grainy substance which is wrapped in paper. It can be swallowed or taken mixed with water. A child can be given three-

fourths portion of the dose for the adults.

To prevent an attack by these diseases, cleanliness of body is of prime importance. Never go out bare-foot, wash your hands with soap prior to eating. The body cleanliness will not only protect you from worms; it will also protect you from diseases like typhoid, cholera and colds etc.

Walking Legs

I know that I cannot maintain my health and energy unless I walk four hours everyday. When I am free from my preoccupation with jungles, mountains and fields, and when I am free from my daily work, I often think of the plight of those professionals and businessmen who keep sitting in their offices and workplaces with their legs folded under them, not only till noon but even after that. I feel that they need to be congratulated that even after giving up walking and sitting for so long, they have not succeeded in killing themselves. A man ought to keep walking like a camel, which is the only animal that thinks while walking. Once some one asked the house servant of the famous English Poet Wordsworth to show him the room where the great poet composed his poems. The servant showed him the room and said that there he kept only his books, while he composed all his poems outside the house.

An article in the monthly English magazine 'New Health' said that a person living sedentary life should spend many foot-tons of his energy daily, in one form or the other. It was also said that the equivalent of that energy was eight and a half mile walk everyday. Many people consider it a great bother and below their dignity to walk on their legs; perhaps if they could be convinced about the benefits of this eight and a half miles walk, the number of accidents caused on our roads by cars, motorcycles and buses could be greatly reduced; huge quantities of petrol and diesel could be saved, and the money used for the development of the nation.

- ♦ The chemical pollutants cause great harm to the health of a child growing in its mother's womb. Mercury, tobacco and lead are causing the birth of many mentally retarded children. The immune system of such children gets severely weakened. Such children are subject to disorders of the heart, blood circulation and brain. They become prone to diseases. So the pregnant women should not work or live in polluted environment. The little children have also to be protected from contaminated food and polluted environment, so that they remain healthy and have resistance against disease. Therefore, minimize the use of chemicals in your life.
- ♦ If we maintain the same indifference towards nature, it will be impossible to escape natural calamities. We should therefore avoid unnatural things and develop a bond of love with the nature. We should do organic farming, increase the area of forest land. We should check our growing population. The use of air-conditioners should be minimized. If you preserve natural resources, the atmospheric heat will also start to reduce; the man will be able to take a breath of relief.

Free Life

Only those who have been brought up according to the values of human civilization, can teach them to others. A man deprived of civilization, human love and sympathy, can only think of satisfying his base desires and makes his life miserable in the process; he is in danger of falling into a state of despair.

A person who is living a life full of happiness and is enjoying the love and affection of his children and kith and kin, who enjoys knowledge and derive entertainment from it, who wishes well of others, should be anxious to see whether the basic needs like food and shelter of the people living around him are being satisfied; for if they are not satisfied then he can be sure that he cannot continue to live a free and happy life, because if they begin to die of hunger, they will not allow him to live in peace. Is the man starving to death not a danger to the lives of others?

But the food doesn't come free like the air. For this, the food-producing process needs to be run properly. Those obstacles have to be identified which cause disruption in this process; those means and methods have to be found which help its production. The obstacles which could disrupt this process, and others which are still in the making, are generally not known to the ordinary people; but the information about them is available in plenty in books, monthly magazines and newspapers, though only one or two people out of a lakh might be interested to read about them.

One obstacle in the process of food production is the soil erosion. This takes place both due to the action of wind

and water, but the root cause behind this process is the lack of trees. I have known about this destructive process since 1933. I have met thousands of scholarly persons in my life but I have met none who had full awareness of this danger.

In my 77 years of life, I have seen a number of persons who rose to be leaders, and even became prime ministers, but few, if any, paid attention to this matter. Philosopher Ruskin, in his world famous book 'Unto this last' gives the following illustration to warn people about the situation concerning food production :

First find answers to the following questions :

- ◆ What Kind of thing is being produced?
- ◆ Is it meant for a right or a wrong purpose?
- ◆ Whether the right or wrong things are being produced and stocked?

The answers to these questions will determine the possibilities of your life. As illustration, let us suppose that a small society is engaged in producing and storing such things as food-grain, alcohol, silk, and other food and clothing items. This society has a currency of its own, which is the equivalent in value of the things produced by it. Let us also suppose that the people of this society remember the days of their earlier life style and decide that fireworks give them great pleasure. Now a part of this society will devote their time to the production of this material. The production of these explosives will as a result go up and according to the rules governing this society, the producers of these explosives will exchange their product to get alcohol, wool or foodgrain. The amount of currency remains the same because the total value of goods produced remains the same. But the stocks of food grain and alcohol will gradually decrease and those of the explosives will increase.

In this illustration alcohol has been considered an essential item as the writer is an Englishman. England is a cold country and the use of alcohol is justified to some extent, but so is not the case in India.

Among the caps produced for fashion, a fur cap is the most expensive. It is made of the skin of new-born lambs. The new-born is killed when it is 24 to 48 hours of age so that its skin, which has soft curly fur on it, could be peeled off. Today, the skins of snakes and crocodiles are very expensive, but the process of its removal is very cruel. One man holds the head of a live snake against the trunk of a tree and another hammers a nail into its head to fix it to the tree. A third man presses the tail of the snake with his foot to keep its body taut. A long cut with a sharp knife is made along the whole length of the snake's body from tail to head while the snake struggles in pain; then the skin is peeled off like the skin of a banana. A lump of red meat remains hanging to the tree, while you get a pair of fancy shoes or a beautiful hand bag. By killing animals without mercy, a person's heart becomes so cruel, that he doesn't hesitate to kill another human being in cold blood.

Central Government Should Take Instant Notice

British people, while ruling India, have left behind many harmful practices which we Indians now follow blindly. The Industrial civilization of Europe is a destructive civilization. During British rule, 25 paise out of every rupee were going out of the country in one form or the other. The rich European countries had guns and tanks and they used all means at their disposal to enslave countries like India and exploited them economically. The money thus gained by them made their life style luxurious and wasteful.

One wasteful practice started by the British was to line the interior of their bank buildings with wood panels. Now a days, the owners of cinema halls are following in their footsteps and by decorating the roofs and walls of their cinema halls, are playing their part in making the land a desert. The universities of India have demonstrated their lack of learning by doing the same. Such lack of knowledge and understanding on the part of our universities is a matter of serious concern, as their very purpose is to give knowledge to the people and save them from dangers. The chairman of Punjab and Sindh Bank has assured me that the wasteful practice of decorating the bank buildings with wood will no longer be allowed in his banks.

Prime Minister Indira Gandhi had always given great importance to trees in her twenty-point programme. Her father, Pandit Jawahar Lal Nehru too had great love in his heart for trees and had said that if someone cuts a tree,

he should plant two of them. He also used to say that a person who cuts down a tree, does not murder only a tree, but murders a man. Indiraji's son Sanjay too left this world bearing great love for trees; he wanted to cover the bosom of Mother Earth with trees.

Mahatma Budh, a shining star of world history, taught that a person should plant at least five trees during his life time. If we Indians had followed the advice of that great man, the floods which killed people and cattle would not have come, and the two-year drought due to lack of rain would not have occurred, nor the land would have started to turn into desert. The 68 crore people of India need 184 million cubic meters of wood for fuel; but the wood available for fuel is only 18 million cubic meters. For the next 18 years, the people of India would need 225 million tons of wood for fuel. Sixty percent of all fuel for cooking comes from cattle dung, for want of sufficient wood; so the fields are being deprived of this valuable fertilizer and their productivity is going down.

- According to the United Nations, due to the extinction of animal and plant life, the possibility of a new medicine every two years is destroyed.
- According to World Health Organization (WHO), 5,500 children die every day due to the polluted air, water and food.

Garbage is Wealth Lying at Wrong Place

Philosopher Ruskin says that garbage is wealth lying at wrong place. Dung lying on road is a hateful sight but the same is an invaluable fertilizer for the soil. Dung, human faeces, bananas, melon skins, bone, leather and cloth, are all fertilizer. If the things that the earth produces, which we all use as food and for other purposes, are not returned to her as fertilizer, then the soil gets depleted of many essential elements. And in turn we are deprived of these elements because they can reach us only through the food produced out of the earth. The people of this earth, to enhance their survival, would do well to turn themselves into sweepers like me and collect garbage from wherever it is lying and make it available for fertilizing the soil.

A few years back, Prof. N.B. Malkani had written a book of 140 pages, in English, called 'Clean People and Unclean Country'. The book was published by Harijan Sevak Sangh of Kingsway, Delhi. The Professor wrote that the population of cities in India totals 8 crore and, in a year, they leave faeces weighing 124 lakh tons; only 40 lakh tons of which goes to fields; the rest keeps lying scattered in ditches and depressions near streets and settlements and is wasted. The countries where people have come to know the importance of human excrement as fertilizer, they make proper use of it. Japan is one such country. Every house in Japan carefully preserves faeces and urine, which is next day carried to the fields in municipal trucks, to be used as fertilizer. People of that country do not hesitate to pick up animal dung from roads and put them in the fields.

The problem of food is not a light issue; it is a serious matter. If a person gets no food, or gets less than what he needs, and the food he does get is poisonous, then when will he get serious, if not then? The clean food will not rain from the sky, it has to be produced out of the earth; and we have to find the means to do it. Manure is very important for agriculture; it cannot be replaced by chemical fertilizer. If the soil keeps getting only the chemical fertilizer, and no natural fertilizer, it gets ruined and does not remain productive. The lack of natural fertilizer or manure makes the soil weak and many pests and insects grow in it. To kill these pests, pesticides have to be used in increasing amounts. The pesticides contain poison. These pesticides are then carried away to rivers by the rain water; as a result the fish are killed and many other life forms too. The poisons are also ingested by human beings through food.

In America, a fierce campaign against these pesticides is taking place. Apart from human faeces, animal dung, horse droppings and fruit skins etc. are being wasted in cities. These litter the roads and streets, and things like pebbles, broken glass pieces and nails etc. get mixed up with them. Due to the mixing of these things, the waste can no longer be used in the fields. If put in the fields, it would make the work of the farmer difficult; they would cause injuries to his feet when he works in the field while watering or hoeing them. All this waste that comes from streets and *mohallas* (localities), is dumped on outskirts of cities. Most of it is burnt by sweepers and scavengers to save themselves the trouble of taking it to its proper place.

Spittle you see lying on road might have come out of the mouth of a diseased person. The flies which feed on it spread the disease to others. The sticky phlegm lying on ground traps the legs and wings of insects sitting on them, and they die in pain.

A nail lying on road could injure a passerby's feet. I have seen a poor tongawala's horse laid up for one month because a nail had pierced its foot. I have also seen a

buffalo dying of hunger, because a two-finger length of wire had gone in her stomach while she was eating grass; sharp end of that wire pierced the buffalo's vitals and she gave up eating and died. A nail can not only flatten a 1000 rupee tyre but can also cause a bus accident.

"The hand-woven cotton cloth made by the village cottage industry, can give employment to villagers, who make up 82 percent of our population and can do much to relieve the burden of unemployment in the country."

- ♦ The expanding deserts will force 1350 lakh people off their lands. The climate change is giving rise to cyclones, floods, extreme heat and recurring droughts.
- ♦ During the decade of 1990, 940 lakh hectares of forest land disappeared every year. The cutting down of jungles brings floods, and the capacity of earth to absorb water is reduced.

Preserving The Earth's Productivity

There have been 32 droughts in India during the last one hundred years. People died like insects during them. During droughts which took place in 981, 1022 and 1033, so many people died that a number of provinces got completely depopulated. Man killed man for food. During three years from 1630 to 1632, men were willing to sell themselves for food but there was no one to buy them, as there was no food to spare. No food was produced during this drought and there was severe shortage of water. Many districts of the drought-hit provinces became empty of human habitation as the people migrated to other provinces. Numerous cattle too died during this period. The land remained uncultivated for many years due to shortage of manpower and bullocks.

The population living in cities, in India, is about 12 crore. One third of the garbage that could be processed into manure is going waste. A large number of people in cities go to relieve themselves in ditches and open spaces and the faeces keeps rotting there. Many scavengers also throw garbage over these spaces. The garbage that accumulates on roads outside the densely populated areas is not taken to the garbage dumps by the people employed for their disposal. It is burnt by the people responsible for its disposal to save themselves the trouble of carting it to the garbage dumps. A large quantity of horse droppings, animal dung and the leaves mixed with this garbage also gets burnt.

Even the garbage that gets picked up and is taken to garbage dumps has many things mixed up with it that do not decay, making it practically useless to be used as

fertilizer. It has such things thrown into it as broken glass and pottery, nails, horse shoes, cracked cups and bricks etc. Amritsar Municipal Corporation employs 24 workers just to pick out these things from the garbage.

Those countries which have become aware about the value of human waste as fertilizer, are taking positive action to use it. In Japan, every household has wooden boxes to preserve excrement. Every morning, the municipal trucks come to collect it and take it to the fields. When a Japanese farmer comes to sell his vegetables in city market, he also brings a wooden box with him in which he passes his natural wastes. Later he takes it to his fields and deposits it there. An Indian soldier told me that his regiment had gone to a foreign country during the war. The excrement that the regiment left there during its stay, the inhabitants of that country lifted up in baskets and put it in their fields. If the earth is given only the chemical fertilizer, and no manure, then it lacks many valuable elements, and the food it produces also lacks them. These elements are very essential part of food that the human body needs; without those elements the human body can not remain healthy; they are essential to survival. The total cost of chemical fertilizers that India imports every year is one Arab, six crore and fifty lakh rupees. The fertilizer manufacturing units at Sindhri and Rourkela produce only 70 percent of their total capacity, and even this fertilizer is sold in black market.

A number of cities are located at the banks of rivers, such as Delhi on the banks of Yamuna river. All the cities' dirty water goes into the river, and through the river to the sea. The dirty water of cities such as Calcutta, Bombay and Madras, which are situated on the sea shore, also goes into the sea. Animal dung and human excrement is also washed into sea with this water. Thus the waste products of about 2-3 crore people are unnecessarily wasted. If this dirty water could be used as fertilizer, instead of its going into the sea, the soil will gain valuable elements; it will also provide water for irrigation.

Thousands of villages in India are situated on the banks of rivers. The polluted water of cities, which is released into these rivers, makes their water too dirty for the consumption of human beings and animals. This is great injustice to the crores of people living in villages near the river banks. The chemical waste of factories is also released into the rivers, which kills the fish in their waters.

- ◆ In Asia, 664 species of birds are nearing extinction; they are found only at a few places and in small numbers.
- ◆ According to bird experts of Australia, 330 species of parrot are nearing extinction due to destruction of their habitat and other causes. Thousands of birds in many countries die from drinking poisonous water.

Danger Bells

He who knoweth not what he ought to know is a brute among beasts, he who knoweth no more than he hath need of is man among brute peasants; and he that knoweth all that may be known is a god among men.

-Pythagoras

In this booklet, information has been given about floods, droughts, pollution of air and water, famines, and the ways in which we can save ourselves from these calamities. It is the people themselves who are inviting these calamities. The warning bell in the form of free distribution of advertisements from the gates of Shri Darbar Sahib, Amritsar, is constantly ringing; listen to this bell, and thank God that he brought into being Shri Darbar Sahib to teach and inspire you about living meaningful lives and save you from dangers.

The machine age is not yet 250 years old. The time the world was created cannot be estimated even in millions and billions of years; For all these millions and billions of years, the soil, water, air, ice mountains in the oceans, cancer, skin disease, cataract of the eyes, the ozone layer that protects the animal and plant life from the sun rays, rivers, oceans, jungles, mountains, lakes, elephants, lions and tigers, cheetahs and countless other animals and cattle had been living in harmony; but the industrial era which manifested itself in the form of coal, diesel, petrol and engines run with electricity has, in a mere 250 years period, disrupted all these forms and manifestations of God, and is bent upon destroying them. If, to protect and restore all these manifestations of God, crores of men like the historic Nihang Singhs who live

selfless and pious lives, are not born into this world, then there is no salvation; men and animals will all die. When they are about to die, they will remember advertisements distributed from the gate of Shri Darbar Sahib and weep, like the sisters and mothers of those who die in motor car and scooter accidents or have their limbs broken in them; these mothers and sisters will weep and regret that their sons and brothers were not among those Sikhs who do *ardas* (prayer) or listen to it—the *ardas* which has the following words: '*dana sir daan, Shri Amritsar ji dey isnan*'. Had they come frequently to Shri Darbar Sahib, Amritsar and got these pamphlets to read, which urge people not to ride in motorcars, scooters and motor cycles, but use their legs and bicycles to travel, or use rickshaws and tongas, they would not have lost their lives or limbs. People should read these free advertisements and get rid of foolish habits like riding motor cars and motorcycles. A person living sedentary life can only stay healthy if he daily walks a distance of 8.5 miles (14.25 kms), otherwise he will become afflicted by high blood pressure, arthritis, heart disease, painful great toe, knee pain or blood sugar.

The ice mountains standing in the oceans are likely to melt, raising the sea level. This rise in sea level will force about 24 people in every hundred, living on islands or near the sea shores, to leave their homes and settle in other areas. The resulting overcrowding will put severe pressure on housing and food resources. At that time the people will remember Bhagat Puran Singh, the servant of God, of Shri Darbar Sahib, Amritsar; they will regret that they did not hear his cry, urging them to give up the use of motorcars, motorcycles and to some extent the buses, and fridges and air conditioners; they will regret ignoring his advice and not spending their time and money on the plantation of trees; had they done so, they could have been saved from such calamities. These calamities are being brought about by the users of motorcars, buses and trucks.

These calamities will come in the next 50 years, and

they will be brought about by the burning of coal, diesel, petrol, dung, wood and the tree leaves fallen on the roads. Due to their burning, heat is being produced, and the root causes of these evils : carbon dioxide and carbon monoxide are also produced. We should be thankful to Gurdwara Dera Sahib, Shri Guru Arjun Dev Ji, Lahore and Shri Darbar Sahib Amritsar; these holy places inspired a 10th fail poor boy (Ram Ji Das), Bhagat Puran Singh, to educate himself till the age of 87 years - the education that is manifesting itself through these writings now. The environment experts say that the amount of wood burnt as fuel should at once be reduced by 70 percent.

Due to heavy rains in 1988, so much water had come to the Bhakra Dam from the hills that, if it was not released, the dam would have burst and the Amritsar city would have been flooded to a height of 50 feet of water and Delhi to a height of 20 feet of water. That wall of water released from the dam wiped off countless homesteads, men and animals. The reason why so much water came down so quickly from the hills was that they had been denuded of trees. The hills must have 60 percent of their surface covered with forests and the plains 21 percent. Thus a total of 33 percent of all land should have tree cover. Trees have been cut down and are still being cut down mercilessly in India, both in the hills and in the plains. Even the forest area that remains, is being used to grow trees for making paper. We must reduce the use of paper. A time will come when there would be food but no wood to cook it; people would fight each other for wood. Every family consumes the wood of six trees every year.

The English Philosopher John Ruskin has written a book called 'Unto this last'. In this book he has given the example of a small community of people who had been engaged in systematic agriculture and produced all their food themselves, which included food-grain, ghee, pulses and sugar; they were self-dependent regarding food. But then some of them left farming and got themselves employed in making crackers for five-works, as the wages

in this business were more attractive. One day, they held a festival; their food was to be cooked jointly at one place; But when the men went to the store for getting flour, dal and ghee, they found that only crackers were lying there; there was no food in the store. They thus found the beginning of the age of starvation staring them in the face. The Hindu religious books teach men to produce corn instead of looking for gold and jewels.

Shri Guru Nanak Dev ji spent the last 17 years of his life, from the age of 53 to 70 years, doing the difficult work of farming- even when he was already a Jagat Guru (world famous teacher). This was because feeding the hungry had become an article of faith with him from the beginning of his life. About the garbage, Ruskin has written that it is wealth lying at wrong place. When faeces is lying about where one lives, it is dirt; but when the same goes to the field it serves as fertilizer. He writes that a person who grows few handfuls of grass is a noble and generous soul. The reckless cutting down of trees is turning the land into desert, causing floods, and droughts lasting many years. To not use human waste as fertilizer is to starve the fruit and vegetable crops of essential nourishment. Ruskin writes in his book that human beings should consider this earth as the legacy of God bestowed on them; this is a very priceless gift from God. Countless generations of man have been drawing their sustenance from earth from the time immemorial.

You should treat the earth not only as a legacy to yourselves, but to your coming generations as well; they have as much right to this legacy as you, as their names have also been written in the book of creation. You should do nothing that desecrates this legacy, which means you should not do anything that harms the earth's productivity; you should do everything that enhances her productivity.

By ignoring the importance of trees and cutting them down recklessly and denuding the earth, the Indians are following in the footsteps of Ethiopians who did the same and had to face terrible droughts and famines. Wasteful

practices such as eating food sitting round a dining table, making kothis (houses) having multitude of rooms, lining the walls with wood panels, the thoughtless growth of population, are the causes of the destruction of trees.

The rich waste wood to parade their riches, while the poor use it to build their houses and to cook their food. The rich should not make palatial houses that lie empty; they should stop using tables and chairs. People should produce fewer children. The population will reduce only if people follow the following teachings of Shri Guru Granth Sahib ji :-

1. **Mann khut-har tera nahi bisas tu maha udmata.
Khar ka paikhar tau chhute jau upar ladha.**

(Page 815)

2. **So girhi jo nirgah karre.
Japp tapp sanjam bheekhya karre.
Pun daan ka karre sareer.
So girhi ganga ka neer.**

(Page 952)

3. **Such ta par jaaniye ja juggat jaaney geo.
Dharat kaya sadh kay vich deyey karta beo.**

(Page 468)

Which means that the truth can only be known if the person knows the will of his soul and prepares his body, which is like the soil, to sow the name of the Creator in it.

According to the *bani* (divine verses) of Shri Guru Granth Sahib ji, a person should engage himself in the work of charity and welfare of his fellow human beings as if he was a paid servant of the Almighty; he should devote himself to welfare work so much that even the hunger does not trouble him. Only such men devote themselves to the cause of reducing human population, because their minds rise above the pleasures of the flesh; they enjoy the delights of the soul-world. The population will only reduce if, like the Nihang Singhs, men will lose themselves in the works of charity.

Lala Haridial, in his book 'Hints for self culture', writes that the condition of the people of this world is like that

family which was sitting on the sea shore and was enjoying a picnic, singing and dancing, but they did not know they were sitting atop the sand-covered body of a crocodile who was hidden in the sand. When the crocodile went back into the water, it carried the members of the family into the sea, where they all drowned.

The destruction that the floods brought and the danger that the likelihood of the bursting of Bhakra Dam posed to the land extending upto Delhi, got highlighted through the free distribution of these advertisements. The advertisements also urged people to plant trees to save themselves from similar dangers in the future. Now whether the people will donate money for the publishing of these advertisements, which are distributed free for their own good, is yet to be seen, because the dams will keep bursting in future.

The work which is before the crores of people of this country, has to be done by themselves, as given in this verse of Shri Guru Granth Sahib : 'Aapan hathi apna apay he kaj sawariye'. If the work of planting trees was the responsibility of government alone, then Mahatma Budh, who was the son of a king, would not have taught the people that a person should plant a tree every five years of his life.

When Shri Guru Tegh Bahadur Sahib went on a four-year tour of Assam, he had numerous trees planted enroute, in areas where there was a lack of them. Such works are for the people themselves to do.

For the children to develop their creative powers, they should be given such tasks : as my mother did; she had me plant trees in my childhood and then water them everyday. Every man has a hidden desire to do creative work; he wants to give practical shape to this desire. These words of Kabir Jee given in Shri Guru Granth Sahib aptly sum up this point: 'Kaho Kabir ih Ram ki ans'. Every human being is a part of the Creator; therefore he also wants to create. The children who do not get to do creative works, try to lull this desire with narcotics and to escape the emptiness in their lives, and may even commit suicide.

A few years ago, I had 19 saplings of banyan and peepal trees planted in the compound of Guru Nanak Hospital in Amritsar. A worker watered them every day. During childhood whenever I was given new clothes to wear, I had to touch them to a pot of water or to the horns of a cow. In my childhood, my mother had got two trivenies (trinities) and three peepal trees planted in the common land of the village—a triveni consists of three trees : peepal, banyan and neem. Three peepal trees which my mother got planted by my hand, eighty years ago, are still standing by the tank of water built by my father. My mother considered the work of planting and caring for trees a religious duty. The ancient religious books of India, Mahabharat, Ramayan, Matsya Purana and Atharv Ved tried to inculcate the virtue of planting trees in the people's minds.

To save people from calamities is either the work of government, or the work of saints and devotees. This is what Bhai Gurdas has to say :

Thammey koi na sadh bin

Sadh na dissey jug vich koa. (*Vaar 1, Pauri 22*)

Man has lost his capacity to foresee and forestall.

(*Albert Schweitzer*)

If one recites the three Nitnem (every day prayer) banis : Japji Sahib, Jaap Sahib, Swayey Patsahi Tenth, Anand Sahib, Sodar Rehras and Kirtan Sohley and listens to the Vaak (Guru's word) from Shri Guru Granth Sahib once a day, one can find the path to sainthood. This Rehat-Maryada (obedience to the code of conduct) of Gursikhi, had once produced self-sacrificing Sikhs, the Nihang Singhs. The religious books like Gita, Bible and Koran also point the way to sainthood. To reduce human population to a level that can be sustained by the air, soil and water is the most important task today. If the present thoughtless growth of population continues then natural calamities like famines will have to bring the population down to a more sustainable level.

When Shri Guru Nanak Dev Ji grew up and it was time for him to get into business, his father gave him

twenty rupees to start his own business. But Shri Guru Nanak Dev Ji had been born with a feeling of compassion for the hungry. He found some hungry mendicants on the way to town, bought provisions with the money given to him by his father, and fed them. His father got angry. Rai Bular, Guruji's employer, asked Guruji why he had wasted the hard earned money of his father to feed the sadhus. Guruji replied that he had received divine guidance to spend the money for feeding the hungry, which was a Sacha Sauda (True Business). Rai Bular then asked Guruji as to why only he, and not others, got divine orders. In reply to this question, the Guruji said the following words :

Tera sadra sunijey bhai jey ko bahey alayey. (Page 730)

It means that every person keeps getting divine messages, but only those heed them who remember God with love and goodwill.

The message of planting trees should be heeded by every youth of the country. The money they are given by their parents to do business, they should spend on planting trees. The earth can keep from turning into desert only if it has 33 percent of its surface covered with trees; otherwise it will not be able to sustain life; it will neither be able to produce food, nor keep the wells filled with water.

The issue is not only to save the soil but to prevent all the above mentioned calamities. I had come to understand this divine message before the country's partition while living in the capital of undivided Punjab, the city of Lahore, where, while performing *seva* (service) at Gurdwara Dera Sahib, under the auspices of Shri Guru Arjun Dev Ji, I had an opportunity to visit various libraries and read literature and magazines published in the country and abroad. That happened 63 years ago, before 1928. Now, in 1991, I am passing through 87th year of my life.

In 1925, at the age of 21 years, while walking on the Parikarma (periphery footpath) of the Gurdwara, I had heard the tale of the Nihang Singh. Inspired by that tale,

I devoted the next years of my life, till the age of 37 years, to the service of mankind. By sitting at the door of the centres of pilgrimage like Shri Darbar Sahib, it is possible to distribute advertisements and inspire the youth of the country to spend their capital on planting of trees. Only one question remains : whether the Sikhs will be willing to donate their *Daswandh* (tenth part of income) for these advertisements and booklets, which enhance the prestige of Shri Darbar Sahib. Where the Gurbani teaches the people to give up evils and reform themselves, and be like Sadhus, it also teaches them to give generous donations for worthy causes taken up by sadhus so that they can successfully complete these gigantic tasks. The advertisement campaign to convince people to plant trees needs a huge expenditure. The following words of Gurbani should inspire people to donate money for worthy causes :

**Apney sevak ki apey rakhey
 Apey naam japaway.
 Jeh jeh kaj kirit sevak ki
 Taha taha uth dhaway.
 Sevak kao nikti hoey dikhaway
 Jo jo kahey thakur peh sevak tatkal hoey aaway.**

(Page 423)

These words from the Rehatnama written by Bhai Nand Lal Ji will serve to show the importance of setting aside the Daswandh :

**Daswandh Guru nah devyee
 Jooth bol jo khayey.
 Kahey Gobind Singh Lal ji
 Tis ka kashu na bisayey.**

Shri Guru Nanak Devji had spent all the capital given to him to do business, on feeding the hungry sadhus. To satisfy their hunger he considered the true business, the Sacha Sauda. It never occurred to him to become rich by hoarding money.

The absence of forests in India is likely to turn the land into desert in the next 40 years. When the land becomes desert people will die in their crores for want of

food and water. This story of Sacha Sauda by Shri Guru Nanak Dev Ji points the way for the youth to find a solution to this problem. In these critical times, the youth who do not model their lives according to what Shri Guru Nanak Dev Ji taught through the Sacha Sauda episode, will only show their lack of understanding. Today's youth are setting up factories with money they get from their parents and are destroying village cottage industries that provide bread to the poor people of villages; the people in villages are losing their employment as the hand-woven cloth, hand-made shoes, oil presses and pottery, are being overtaken by the machine made goods. These people are being uprooted from their villages, coming to cities and wasting their lives on road pavements. Many things like the milk churning machines and washing machines, which were never needed, are being manufactured in factories. They are causing great harm to people's lives. Polluted water released by these textile, leather, wine and sugar factories is poisoning the water in rivers, canals and wells.

Water is being wasted in making paper and cardboard. The effluents are poisoning the soil and making it useless. The area under food-production is declining. The diesel, oil and coal burning in the factories is heating up the earth. This heat is melting ice mountains in the oceans and the rising sea level threatens the lives of crores of people. The effluents released by factories and the dirty gutter water of the cities has contaminated 75% of the fresh water of rivers and canals. Shri Guru Nanak Dev Ji had spent all his capital money on satisfying the hunger of starving sadhus, but today money is being used to make the water poisonous. The water extracted from the earth for use in factories is lowering the ground water table food producing area is shrinking; they are bent upon exhausting this water; the water in rivers has greatly reduced in volume; the cycle of destruction is running everywhere.

Be thankful the God has established Shri Darbar Sahib Amritsar on this earth, from where the sangat is

getting these advertisements and booklets and taking them to all corners of India and the world. Come to Shri Darbar Sahib and get these advertisements and booklets; keep *golaks* (money boxes) in your homes to collect money for these free advertisements; ask your children to put money in them. The children should daily drop money in these golaks; they are the ones who will grow up and face these dangers.

'Non-involvement in peace means involvement in war'. If one sits idle and does not take part in the difficult work of maintaining peace and prosperity when one is living the happy and peaceful days of one's life, then calamities, similar to the war, will one day have to be faced by him. Then even more difficult tasks might have to be faced; one may have to face even the death.

The forty years time that you have before calamities such as the drying up of water resources overtake you, you should use to plant trees; live in huts like the Nihang Singhs and plant trees, and yet more trees. The time is running out; you may yet live to regret your inaction. To prevent these calamities, such as floods, droughts, deserts of sand, duststorms, heating up of earth, acid rain, cancer and eye diseases, the depletion of the ozone layer that protects the skin from cancer and eye cataract, you don't have to sacrifice your lives. All you have to do is to cover every inch of empty land with trees; and of course you will have to give up such luxurious things as motorcycles and motorcars.

The money that you now spend upon such trifles as motorcars and motorcycles just to show off your riches and satisfy your pride, you will have to divert to spending it on the planting of trees, as was done by Shri Guru Teg Bahadur Sahib; otherwise the calamities will overwhelm you. You should donate money to me, for me to pay for the printing of these advertisements, as Shri Guru Nanak Dev Ji had spent the money given to him for business to feed the hungry sadhus.

Shri Guru Nanak Dev Ji had seen with his own eyes

the destruction which Babur had brought to India; he gave its description in Shri Guru Granth Sahib. In trying to halt that onslaught, he gave up the love of his home and family. He took up long and arduous journeys lasting many years, in order to wake up the sleeping souls of his compatriots. The most significant idea that Guruji expressed while giving the description of that holocaust is in these words :

1. **Aggo dey jey chaityey
Tan kait miley sajayey.**
2. **Jis no aap khuayey karta
Khus layey changayee.**

(Page 413)

In the words : "Aggo dey jey chaityey tan kait miley sajayey", Guruji points out that if the people of India had remembered God before Babur invaded the country, they would not have been punished thus.

Sikh Guru Sahibans who remembered God with their every breath, created the Khalsa, that not only remembered God with every breath but also had matchless courage, and the spirit to sacrifice their lives for their countrymen. Before the creation of that Khalsa Panth, a flood of invasions used to flow from Kabul towards the land of India.

During these invasions a handful of invaders used to come and cut down the people of India, a land inhabited by crores of people, like carrots and radishes; they would carry away gold, silver and young daughters of this country. The Sikh Panth not only halted the tide of these invasions, but also reversed its flow towards Kabul. The Khalsa Panth is a living example of the way those who remember God escape punishment.

The earth and the atmosphere are warming up. This warming up will bring much danger in its trail. The rains will not come on time; at times, it will rain too much. The crops would not be sown; if sown they will dry up. Droughts will last many years; the sea will cause havoc; the dust storms will make peoples' lives unbearable; the wells will dry up; people will wander hundreds of miles in search of

water and will stay as refugees wherever they find it.

The scooters and motorcars are being used for luxury and to show off riches and false pride. If people take to walking, riding bicycles and travelling by tongas, the use of buses, motorcars and scooters can be reduced. The engines which run on coal and oil should be banned. The trees absorb harmful gases, but the greenhouse gases create a shield between earth and sky and prevent the heat produced by the combustion of diesel, petrol, kerosene oil, coal, wood and dung from escaping into space. These gases are heating up the earth; they are ruining our health. The trees give off oxygen, the life sustaining gas. They reduce the atmospheric heat. The men who use motor cars and scooters for ease and luxury, or to show off their status will weep and regret their foolishness when they sit at the gate of Shri Darbar Sahib, from where these advertisements and booklets are distributed free to warn the people about these dangers.

It is the maryada of a Gursikh that he should get up early, at 3 A.M. and after taking bath, recite the banis of the Nitnem; then he should hear 'Asa Ji Di Vaar' kirtan. The men who had turned the tide of invasion from India towards Afghanistan, were such men who had lived their lives according to this Sikh Maryada. Their minds had arisen above petty desires and had soared into the world of pure delight. Indolent living and base desires of the flesh lead to unwanted and excessive progeny. The men like the Nihang Singhs, do not care to indulge in the pleasures of the flesh; but those who indulge in them and are increasing the earth population, their offspring will die of hunger and thirst. Recently, water was sold in Rajasthan at rupees ten a tin. If the people had been like Principal Jodh Singh, Akali Kaur Singh and Sant Atar Singh who got up early in morning and recited five banis of the Nitnem and remained busy in welfare works for the public, the population would not have increased. They would have been living pious and devoted lives.

I have mentioned the use of diesel and petrol-driven

scooters and motorcars to show off status and fulfill false pride, but the matter is not only of scooters and motorcars. Whatever engine runs on petrol or diesel, its use should be minimized. The use of buses, trucks and three-wheelers should be reduced to the minimum. These are now being used recklessly.

Things that are made in factories running on coal should not be purchased. We must use hand-made things such as hand-woven cotton cloth. There are a number of things whose use should be discontinued. These include water-coolers, fridges and air-conditioners. They are all bringing about destruction.

<p>Many glaciers in Himalayas have begun to shrink. The Pindari glacier is receding at the rate of 23 meters every year.</p>
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What We Can Do to Conserve Natural Resources

1. Help the needy.
2. Keep your surroundings clean and green.
3. Educate people about the environment.
4. Eat green vegetables and fruit. Do not use tobacco.
5. Exercise daily. Walk in open air.
6. Help pregnant women so that they eat nourishing food and give birth to healthy children.
7. Minimise eating of meat.
8. Eat vegetables, fruits and food-grain produced without using chemical fertilizers and pesticides.
9. Restrict the use of water.
10. Do not use pesticides and chemical fertilizers in your house gardens.
11. Use environment-friendly things.
12. Use renewable articles instead of consumables, like using a towel instead of the tissue paper.

Live a simple life so that a simple person can also live.
-Gandhi

Inmates of Pingalwara

Mental Patients	385
Paralysis, Polio	105
Mentally retarded	290
Dumb and deaf	99
Old	100
Injured	47
TB patients	10
Blind	20
AIDS patients	10
Epilepsy	146
Cancer	02
Diabetes	12
School-going children	82
Abandoned Children	6
Recovered	17
Total	1331
Branch	Patients
Sangrur	224
Goindwal	108
Palsaura	100
Jalandhar	34
Amritsar	428
Manawala	337
Total	1331

Exemption from Income Tax

Money donations sent to Pingalwara are exempted from income tax under section 80-G. You may send money by cheque, draft or money order to the following address :

All India Pingalwara Charitable Society (Regd.)

Tehsilpura, G. T. Road, Amritsar

Ph : 0091-183-2584586, 2584713

Mobile : 9814535937, Fax : 0091-183-2584586

E-mail : pingal@jla.vsnl.net.in

Website : www.pingalwaraonline.org