

VOLUME 5 No. 2

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FIAT LUX



FIAT LUX

"Let there be light"

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Cover: The new Secretary for Indian Affairs, Mr H. A. Prinsloo, who succeeded Mr J. H. H. van der Merwe on January 1st this year. Mr Prinsloo was formerly Deputy Secretary.

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AFFAIRS

'N MAANDBLAD NAMENS
DIE DEPARTEMENT VAN
INDIËRSAKE UITGEGEE

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The views expressed in this journal do
not necessarily reflect the policy of the
Department.

Die sienings wat in hierdie blad uitge-
speak word, vertolk nie noodwendig die
beleid van die Departement nie.

Press Statement by the Chairman of the S.A. Indian Council

THE SEVENTH MEETING of the South African Indian Council was held in Durban on the 18th and 19th February, 1970.

The Chairman announced with regret the death, on 27th January, 1970, of Mr P. R. Pather, the Chairman of the Executive Committee, and asked all present to stand and observe a minute's silence as a mark of respect to the deceased. In supporting the unopposed motion of condolence, the members paid tribute to the magnificent work done by Mr Pather in all spheres of Indian life. His death was mourned by all and will be an irreparable loss to the Council and to the Indian community. The Council supported a request made to the Department of Indian Affairs that an Indian High School in Durban be named after him.

Members also expressed deep sympathy to Mr G. M. Singh, a member of the Council, on the death of his wife.

APPOINTMENT OF CHAIRMAN OF THE EXECUTIVE COMMITTEE

The Secretary for Indian Affairs, Mr H. A. Prinsloo, informed the Council that the Honourable the Minister for Indian Affairs, Mr F. W. Waring, had been pleased to appoint Councillor A. M. Rajab, one of the elected members of the Executive Committee, as Chairman of that Committee in succession to the

late Mr P. R. Pather. This appointment was widely acclaimed by all members. Councillor J. N. Reddy was thereafter unanimously elected as a member of the Executive Committee in the place of Mr A. M. Rajab, and took the oath of office before the Chief Magistrate of Durban, Mr M. E. Goodhead.

INDIANS IN ZULULAND

A lengthy discussion took place on the position of Indians in Zululand, on whom occupation and employment restrictions have been placed by the recent group areas proclamation and who will ultimately have to leave the territory. Members expressed general concern of the future of these residents notwithstanding the fact that Indians have not been permitted to acquire property or trading rights in Zululand.

The Council took cognisance of the assurance by the Minister of Planning that the change-over will be a gradual process and that it was not intended that there would be any drastic disruption for either employers or employees. It was also noted that the majority of Indians in Zululand are employed mainly in the timber and sugar processing industries and as labourers on farms. As it appeared that there were several matters which required clarification the Executive Committee was authorised to investigate these matters further and to take such further action as the situation warranted, particularly in view of the fact that Indians were employed in most of the skilled and semi-skilled occupations in Zululand at the present time.

PERMANENCY OF GROUP AREAS

The Council expressed concern at the deproclamation of Forbes Street, and its proclamation, as well as that of Lyell Street, in Ladysmith, as White group areas, and noted that there had been widespread dissatisfaction amongst Indians over this action of the Government. The general feeling of members was that it also resulted in reviving doubts and uncertainty regarding the permanency of group areas proclaimed for members of the Indian group.

After considerable discussion it was decided that this whole matter should be taken up with the authorities at the earliest possible opportunity and that an assurance *inter alia* be obtained from them as regards the permanency of group areas already proclaimed for members of the Indian group.

HIGH PRICES OF LAND

The Council welcomed the appointment of the Commission of Inquiry into the high price of land recently announced, and noted that a comprehensive Memorandum on this matter had been submitted by the Council's Executive Committee. The Council has also signified its willingness to appear before the Commission when it sits in Durban.

TRADING LICENCES FOR INDIANS

The Council noted that its Executive Committee had recently held discussions with the authorities concerned with regard to the control exercised over the issue of trading licences within specific areas. These control

measures had been introduced to give displaced traders an opportunity of transferring their businesses to their own group areas and the Council was satisfied that all possible steps were being taken by the authorities to bring about this change over with a minimum disruption and inconvenience to the traders concerned. The Council will take steps to ensure that the interests of the Indian traders are safeguarded.

DESIGN AND CONSTRUCTION OF HOUSES

The Council has recently inspected a number of Indian residential areas in Natal and the Transvaal and has approved a memorandum for submission to the Department of Community Development in which certain recommendations are made with regard to the design and construction of houses and the lay-out of Indian housing schemes. These proposals are designed to provide greater diversification as regards the types of houses to be erected and to make the townships generally more attractive.

CLEANLINESS OF PUBLIC PLACES

The Council decided to give full support to the campaign which had been launched by the authorities to bring to the notice of the public the necessity of keeping public places clean. It also decided that the authorities be asked to give special attention to public places at ports of entry.

WATER YEAR 1970

It was noted with appreciation that the members of the Indian community have been invited to participate in the Water Year 1970, which was inaugurated by the State President in Johannesburg on the 14th February, 1970. The aim of this campaign is to conserve water and to make the best use of the country's water supplies. The Council unanimously resolved that the Indian community should be made aware of the significance of this campaign, and be encouraged to participate in this very important national project.

CHARTERED ACCOUNTANTS

Further progress was reported in connection with the efforts of the Council to have young Indians articulated as Chartered Accountants. It was learnt that the satisfactory discussions were held with the institutions concerned. These talks have been encouraging, and it was felt that more students will be attracted to this career once the initial problem of articulation has been resolved.

ELECTRICIANS AND PLUMBERS

The Council was informed of the steps which had been taken by the Executive Committee to provide training facilities for Indians who wished to become electricians and plumbers. Further discussions are expected to be held with the authorities concerned in the near future.

MEDICAL AND HOSPITAL SERVICES

The Council has also been seriously concerned over the difficulties experienced in staffing the R.K. Khan Hospital at Chatsworth, which is adversely affecting the poorest sections of the community and has assisted the Administration in its endeavours to bring about a solution of some of the problems so that the total facilities at the hospital could be made available without further delay and the hospital become fully operational.

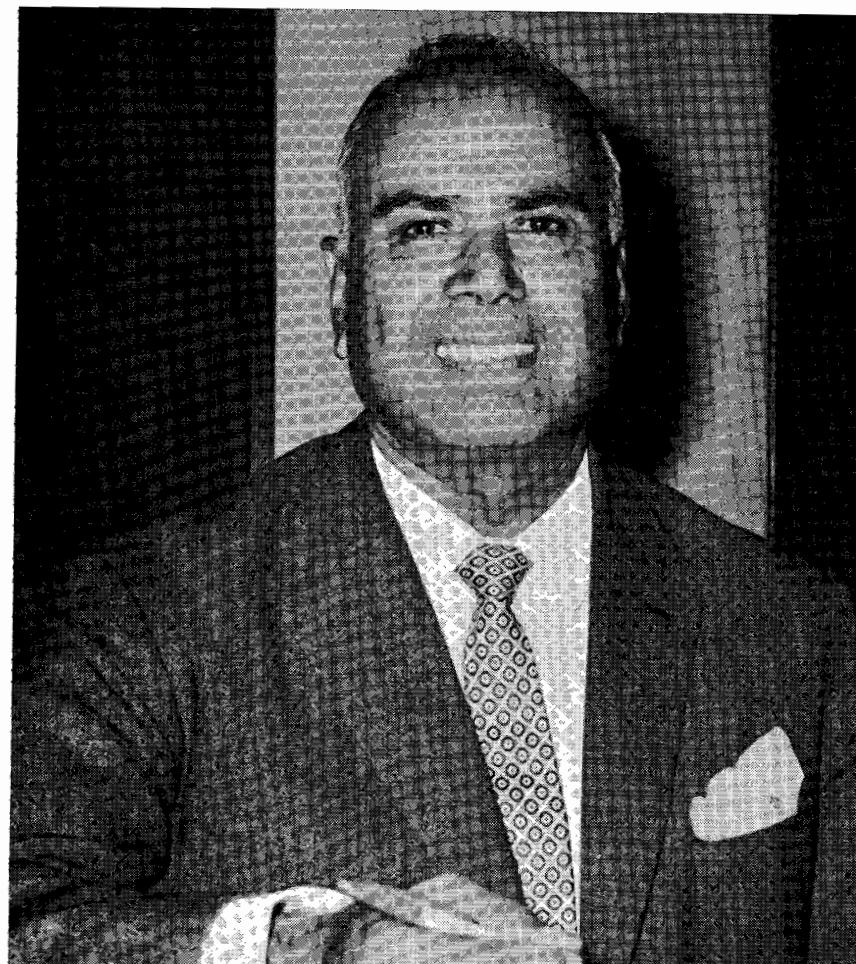
NEXT MEETING

The next meeting of the Council is due to be held in Durban in June, 1970.

Mr A. M. Rajab, new chairman of the executive committee of the South African Indian Council. Mr Rajab takes the place of the late Mr P. R. Pather.

New Chairman Appointed

MR A. M. RAJAB, new chairman of the executive committee of the South African Indian Council is a man of many facets, and with a great deal of experience to assist him in taking over the reins of the executive committee from the late Mr P. R. Pather.



Like so many of the Indian community's leaders, "A.M.", as he is widely known, had a humble start to life, leaving school at the age of 12 with a Standard VI certificate to become an apprentice in the furniture trade. By private study he passed the junior certificate and then obtained a matriculation pass in 1933.

In 1935 he obtained a teaching diploma, in 1936 a diploma in commerce, and in 1938 a B.A. degree from the University of South Africa. Mr Rajab was one of the first group of four Indian students to obtain degrees from the University.

A year later he joined the family upholstery business and then with his brothers he helped expand the family concerns, which now form a vast business empire in the property, furniture, clothing, building and film industries.

Mr Rajab devotes a great deal of his time to social welfare, educational and religious activities in his community, as well as heading his business organisation.

He is chairman of the advisory council of the University College for Indians, and a member of the executive committee of the M.L. Sultan Technical College, the Orient Islamic Educational Institution and the Indian Centenary Scholarship Trust.

Mr Rajab holds several posts in public office in the furniture industry, and is a member of the executive committees of the Natal Furniture Manufacturers' Association and the Industrial Council of the Furniture Industry.

He is also a member of the Council of directors of the Durban Chamber of Commerce and a member of its standing committees on economic affairs, Non-European affairs, and civic affairs.

In the welfare and religious fields Mr Rajab holds a number of positions and is also active in civic affairs.

Intensely interested in cultural matters, Mr Rajab has with his family built up one of the finest private collections of oriental carpets, porcelain and other art objects in the country.

New Member on Executive Committee

AT ITS LAST MEETING the South African Indian Council elected Mr J. N. Reddy, of Durban, to fill the gap on its executive committee, caused by the death of Mr P. R. Pather. His appointment makes Mr Reddy, at 42, the youngest member of the executive committee.

Mr Reddy was born and educated in Durban until the age of 15, when he left school to help supplement the family income by working as an engineering stores clerk. After 2½ years he joined another organisation, whose business interests comprised shipping and forwarding, customs clearance, financing and confirming of imports and exports, and insurance.

Through hard work and immersing himself in business methods, Mr Reddy progressed rapidly in the company and built up a reputation in the shipping and forwarding field. With this background, Mr Reddy started his own business in 1965, and has now expanded his interests to the textile field, and is the director of several companies, in catering, printing and publishing, and the retail business.

Mr Reddy is at present actively engaged in the planning and launching of The New Republic Bank, which will be an entirely Indian-owned organisation.

Mr Reddy is also active in welfare, civic affairs, religious work, and education. He was the prime mover behind the M.L. Sultan's course in shipping procedures, and has led the way in opening up the shipping and forwarding field for Indians.

Mr J. N. Reddy, new member of the executive committee of the South African Indian Council, being sworn into office by the Chief Magistrate of Durban, Mr M. E. Goodhead.



THE NEW DEPUTY SECRETARY FOR INDIAN AFFAIRS, MR G. J. BRÜMMER, WHO ASSUMED DUTIES ON JANUARY 1st THIS YEAR



THE FIRST aim of the population census, to be held on the 6th May this year, is to learn the total number of inhabitants of South Africa and South-West Africa, together with statistics about the people, their households and homes. The second aim — which really stems from the first — is to use this information for effective planning for the welfare and progress of the country and its people. The census is firstly of national importance, but is also important on an

international level because the information obtained can be compared with that of other countries (mainly Western) to see how South Africa has kept up with world developments.

As an example of the importance of proper planning we can look to education, where the authorities must not only know how many children are at school at a certain stage, but also how many children will be starting school in the following few years. This information is essential for planning school building programmes, providing enough desks and other

equipment, and also to provide for the training of enough teachers.

Another example is the hospital, where the authorities have to provide enough equipment and facilities, and see to it that enough nursing and other personnel are trained.

There are other spheres, too, embracing all aspects of the country and its people. For instance, production of food and other consumer products has to be planned to cater for the growing demand.

There are other factors that have to be taken into account. The discovery and exploitation of metals and

minerals and the accompanying establishment of supplementary industries can lead to population shifts, as can natural occurrences, such as droughts. A population census gives a picture that is essential for planners and market researchers; it enables the Government and social/charitable organisations to help improve the living conditions of the people. All this is closely related to a knowledge of the other personal information about the public obtained from the various questions on the census questionnaire.

The census will give a reflection of

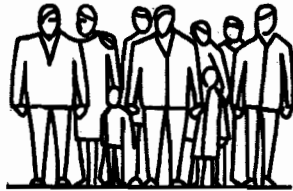
the distribution of the available labour force throughout the country, which can be used by industry for planning the establishment of new industries. It can also be used in this way to combat the problem of unemployment, which in turn can help ensure continued economic progress for the country.

The Department responsible for the provision of old age pensions also makes use of the information obtained to determine the number of people in various age groups so that they can work out how much money they will need for old age pensions.

The population census is an enormous task, being undertaken by the Department of Statistics, and the co-operation of the whole population is essential for the success of the census.

We would like to point out again that all information given by the public in the census is absolutely confidential, and that the public is protected by law against the unlawful use of any such information by census officials. No one may be prosecuted on the grounds of information that he has given.

THE 1970



DIE 1970

DIE EERSTE DOELSTELLING van die bevolkingsensus wat op 6 Mei hierdie jaar gehou sal word, is om die totale aantal inwoners van die Republiek en Suid-Wes Afrika te wete te kom tesame met ander persoonlike gegewens van die mense, hul huishoudings en wonings. Die tweede doelstelling, wat uit die eerste voortvloei, is om dié gegewens aan te wend vir doeltreffende beplanning t.o.v. die welsyn en welvaart van die land en sy inwoners. Dit is derhalwe in die eerste plek van groot nasionale belang, maar

ook op internasionale vlak sal dieensus 'n groot rol speel omdat die gegewens só verkry, vergelyk kan word met dié van ander, hoofsaaklik westerse lande, wat sal aandui of Suid-Afrika in pas gebly het met wêreldontwikkeling.

As voorbeeld van die noodsaaklikheid van beplanning kan verwys word na die onderwys waar die owerheid nie net moet weet hoeveel kinders daar op 'n gegewe stadium reeds in die skool is nie, maar ook hoeveel kinders binne 'n jaar of twee met hul skoolopleiding sal begin. Die gegewe is vir hulle noodsaaklik om hul

skoolbouprogramme te beplan, voorsiening te maak vir genoeg meubels en ander hulpmiddele en om ook voorsorg te tref vir die opleiding van genoeg onderwysers en onderwyseresse.

'n Ander voorbeeld is hospitale waar voorsiening gemaak moet word vir voldoende hospitaalgereie soos teaters, beddens, ens., asook vir die opleiding van verpleegpersoneel.

Daar is ook ander aspekte wat die land en sy bevolking omvat.

Daar moet beplan word vir die produksie van genoeg voedselprodukte en ander verbruikersgoedere om in die

CENSUS



SENSUS

steeds toenemende aanvraag te kan voorsien.

Deur verskeie faktore soos die ontdekking en ontginning van metale en minerale en die meegaande stigting van bykomstige nywerhede; asook deur natuurlike gebeurtenisse soos langdurige droogtes, ontstaan daar volksverskuiwings van een streek na 'n ander. 'n Bevolkingsensus sal hiervan 'n beeld gee wat noodsaaklik is vir geskiedenisnavorsers en marknavorsers. Dit sal die staat en maatskaplike organisasies baie help om die lewensomstandighede van die mense te verbeter. Dit hang ten nouste saam met kennis van die ander

persoonlike gegewens van die publiek wat deur die verskillende vrae op die vraelyste na vore gebring sal word.

Die bevolkingsensus sal 'n weerpieëling gee van die verspreiding van die beskikbare arbeidsmag oor die hele land, wat deur die nywerheidswese o.a. gebruik kan word om te bepaal waar om nuwe nywerhede te vestig. Daardeur sal die verskynsel van werkloosheid bekamp kan word en dit, op sy beurt, sal weer sorg vir 'n volgehoue groei in die ekonomiese vooruitgang van die land en sy inwoners.

Die Departement wat verantwoordelik is vir die voorsiening van ouder-

domspensioene, maak ook gebruik van die getal mense in verskillende ouderdomsgroepe sodat hulle kan be- raam hoeveel fondse beskikbaar gestel moet word vir ouderdomspensioene.

Die bevolkingsensus is 'n reuse onderneming wat deur die Departement van Statistiek onderneem word en die samewerking van die hele bevolking is egter noodsaaklik om 'n sukses daarvan te maak.

Daar moet op gewys word dat die wet die bevolking beskerm teen die misbruik van die gegewens deur sensusbeamptes. Niemand mag vervolg word op grond van die gegewens wat hy verskaf nie.



Mrs Beryl Pillay, acting lecturer in infant teaching at Springfield College, delivers a talk on "group teaching".

ORIENTATION COURSE FOR INFANT SCHOOL TEACHERS

A CHILD'S EARLY years are the formative years, when the proper foundations for the structure of his life are laid. It is on these foundations, laid at home and at school, that later development to a large extent depends. If cement and bricks are poor then the building will suffer.

It is particularly in the early school years that the role of the teacher is important. In some respects her task is more important than that of the teacher in any of the higher standards, says the Director of Indian Education, Mr P. W. Prinsloo. Stressing this point when he opened a three-day orientation course for infant school

teachers in Durban last month, Mr Prinsloo added that infant school teachers had a two-fold task — to train, and to educate, because going to school did not stop at the three R's.

These were the first tasks of the teacher, but she had a greater responsibility — to teach the little ones that the little things in life count. In fact, he defined the infant teacher as "one who makes the little things in life count" — literally and figuratively.

The infant school teacher had to help lay the foundation of a good disciplined character, for without the formation of right habits and attitudes towards learning, all further education would be in vain.

Parents did not always realise what a tremendous change it meant for the child who had been tied to his mother's apron strings to adapt to school routine and discipline.

"Parents are inclined to think that when the beginner has a pencil, a book and a suitcase, and wears a school uniform, he is ready to learn to read and write and do sums.

"But there is much more involved in being ready to learn than just going to school. The child is often immature and not ready for learning. If he does not live up to expectations the parents become impatient and often put the blame on the teacher."

The readiness of beginners to accept learning differed, Mr Prinsloo said, and this made the task of the infant school teacher so much more complicated. Stressing the importance and effect of the teacher's personality on the infants, he added that it was vital to set a good example.

"Good habits are 'caught' rather than 'taught'," he commented.

A number of talks were given during the course by well qualified educationists in various fields. Topics covered included the organisation of the classroom, including furniture arrangement; the equipment and aids made available by the Department of Indian Education; a talk on audio-visual aids for teaching English, and a demonstration of the spirit duplicator.

The aim of the talk on equipment and aids was to enable teachers in future to ensure that the proper

(Below): Mrs M. J. van der Merwe (third from left) and Mrs C. M. Coetzer with some of the infant teachers who attended the course.



Mrs M. R. Johnson, lecturer in infant teaching at Springfield College, Durban, demonstrates the use of the spirit duplicator which is a valuable teaching aid. The duplicator is being distributed to primary schools by the Department of Indian Education.

number and variety would be ordered and put to its best use.

The spirit duplicator is a fairly new innovation and its use can be expected to increase. With this duplicating machine teachers can make work sheets, cards and other learning aids more easily, increasing the opportunities for pupils to do interesting exercises.

General teaching methods of individual, group and class teaching were explained and discussed. Aspects included social and ability grouping, occupational work, preparation of work, the drawing-up of work schemes, the time-table and the use of aids.

Various teaching methods for different subjects were dealt with separately. These included number work language, handwriting, physical and health education, environmental studies, art and music.



Garage for Laudium



A view of the service station, the first floor workshop, and the café.

A MAN who has really "moved" with the times, is Mr M. Packery of Laudium, Pretoria, owner of the new "A.B.C." Garage and Laudium Bus Services, the sole Indian bus company in Pretoria. Mr Packery is a man with the transport business in his blood, and has progressed a long way from the family coal haulage business in Witbank where he cut his teeth in the transport field as a child. Today, besides the two enterprises mentioned above, Mr Packery also runs a restaurant and has plans for further expansion in Laudium.

The official opening of the R200,000 service station is expected to take place in the next few months. However, the concern has been functioning for some time already, and according to Mr Packery, business is improving all the time. Situated on a main route into Laudium, the filling station has received an added boost

Apprentices are being trained to use modern sophisticated equipment.

in the form of a franchise to sell a well-known American motor car. Mr Packery is the only Indian in Pretoria to receive such a franchise.

The service station and restaurant are in effect offshoots of the bus company and for its success we turn to the experience gained by Mr Packery in his days of coal haulage in Witbank, where he learned the economics of the transport business the hard way — through experience. The business expanded to Pretoria, and with more and more Indians moving

to Laudium, the need arose for an efficient road transport system in and out of the city. Here Mr Packery stepped in, and starting with only one bus slowly built up a fleet of buses — 11 at the time of writing — and introduced a regular passenger service.

In an interview Mr Packery told *Fiat Lux* that his early experience was one of the main factors contributing to the success of the bus company.

He says he has seen others who, inexperienced in the transport business, fell by the wayside as a result.



He has a word of advice for those interested in the transport business.

"Too many bus owners allow their vehicles to fall into a state of disrepair. It pays to spend money on keeping motor transport vehicles in good condition because both you and the customer are sure they won't let you down.

"No-one wants to catch a bus and have to worry whether it will get him to his destination."

OLD-TIMER

Still doing a hard day's work in the bus fleet is the first bus the company obtained — it has now over 400,000 miles on the milometer, a record of which Mr Packery is justly proud and which seems to bear out his theories.

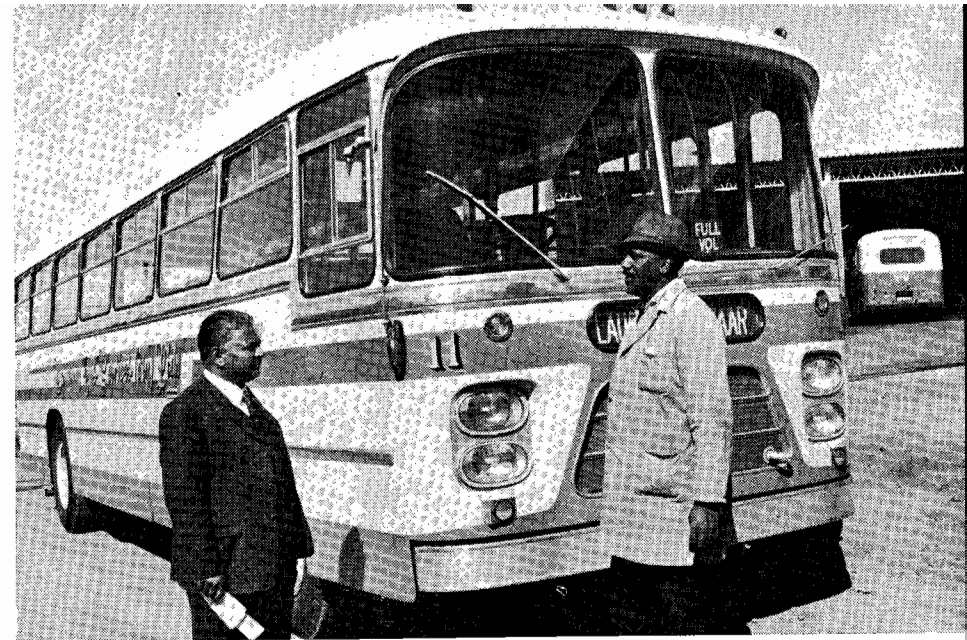
The bus company now runs to a regular schedule and route to and from Pretoria four times a day.

Home base for the buses is right next to the new service station, which also does double duty in seeing to the needs of the bus company. The service station has been partly financed by a large petrol company, and although there is provision for other sites in Laudium to be used for service stations, Mr Packery has the advantage of having the first, which he feels, is in the best position. Mr Packery also commended the Department of Indian Affairs for its assistance in establishing the enterprise.

The two-storey building has a few interesting features. The workshops are on the first floor, above the showrooms. Customers drive their cars to the foot of the ramp where they are handed over to workshop personnel and driven up to the workshops. In the interests of efficiency no customers are allowed in the workshops. Lubrication and wheel-aligning bays are on the ground floor next to the service station and in a neat little alcove is the tyre repair section.

A compact spares shop on ground level supplies both workshop and customers with spares, the former by means of a lift that takes the required equipment or spare parts straight up to the workshop, saving time and effort.

Mr Packery and some of his staff in the modern showroom.



One of the new buses bought by the company.

It was surprising to learn that the entire building had been designed by Mr Packery himself. "I had certain designs I wanted to include, and by having a look at other service stations I managed to work the plan out."

Mr Packery did, however, call in an architect to iron out the details of construction.

One of the essential features of the design is its simplicity combined with efficiency. The workshop foreman has a special office from where he can look out over all the various services offered by the garage — workshop, filling pumps, even the café and restaurant. All are linked by an intercom system, another time saver.

PERSONAL TOUCH

"I like to keep an eye on everything", smiled Mr Packery. With a staff of 100, there is certainly a great

deal to keep an eye on, so he shares the task with his workshop manager, Mr van Musschenbroek.

The repair section is equipped with up-to-date electronic equipment. "It pays to invest in the best equipment, the best materials, and the best labour", commented Mr Packery.

A number of young Indian apprentice motor mechanics are employed at the garage, and they are getting every opportunity of improving their qualifications, under expert tuition.

Knowing that the motorist often has time for a snack when he stops for petrol, Mr Packery incorporated a café in the building, and there are plans for a restaurant above. The café is Mrs Packery's domain, and she presides over it extremely well.

(Continued on page 15)





OPERATION UPGRADE

OPERATION UPGRADE is the name of an unusual educational programme that spells hope for adult illiterates in Africa. An international programme to combat illiteracy, it has already helped over 600-million adults in a hundred countries to understand the wonders of the written word. It already embraces 313 languages and is now being specially adapted for use in Africa, enabling people to read and write in a remarkably short time.

A thousand million adults in this world today are illiterate. Modern methods of education and the furthering of civilisation have had their effect, so that during the past decade there has been a slight decrease in the world percentage of illiteracy. However, due to the population explosion, there has been a vast increase in the total number. For example, since 1963, the number of illiterates has risen by a further 300-million.

Illiteracy remains one of the world's most urgent problems. Its drawbacks reach out to almost all spheres of

family and national life. From the economic point of view illiteracy is a waste of human resources and remains a millstone around the neck of progress. As Dr P. M. Robbertse, Director of the South African National Bureau for Educational and Social Research, says:

"South Africa's economic development over the next ten years will depend primarily on the availability, skill and training of its labour force and not on its capital resources."

Industrial production inevitably lags when illiteracy is present owing to a breakdown in communication with employees.

The effects of illiteracy can also be seen in the medical field. It is a well-known fact that ignorance is one of the greatest enemies in the fight against disease. Sociologists, too, claim that literacy can lift the underprivileged adult to a new life, and welfare workers believe it would make their work more effective and lasting.

As far as religion is concerned the Bible and other church literature remains closed to millions, through their inability to read.

"And the book is delivered to him that is not learned, saying, Read this I pray thee: and he saith, I am not learned." (Isaiah 29:12.)

Educationists are of the opinion that literacy is the key to all knowledge, but that a literate child who grows up in an illiterate home environment will very likely lapse into illiteracy before reaching adulthood.

With 96 per cent. of its children of school-going age at school, the present generation of the Indian community is in an enviable position. However, there may be those among the older generation who were not as fortunate, and it is they who can benefit from the Laubach Plan, which bears the approval of education authorities.

The Laubach Literacy Plan aims at eliminating illiteracy amongst adults. It has been designed specifically for this purpose. Education authorities admit freely that the use of primary school material and methods for the education of adults has had disappointing results for all concerned. The Laubach method encompasses many aspects of teaching, both psychological and practical, and progresses by

easy stages from the known to the unknown. Mrs Louise D'Oliveira, an internationally known Laubach Literacy Specialist, is the Director and Technical Adviser of Operation Upgrade in Southern Africa. When asked to comment on its effectiveness, she replied:

"The system is foolproof, simple and quick. Illiterate adults, unlike children, know words, know their meaning, but cannot recognise them in print. We work through associations of ideas, linking frequently used words with sounds, then illustrating them, thus using imagination and visualisation."

This method begins with the primer outline, containing basic grammatical elements. These elements are presented simply and in logical progression. For example, the consonants are usually taught first, then vowels, followed by letter combinations and finally the irregularities.

The alphabet is taught by means of "key words" (see illustrations). These key words are selected according to:

- (i) How well a picture can be drawn to resemble the first letter of the word.
- (ii) How well the picture can be recognised.
- (iii) How well the word can be used in a story.

Each chart is accompanied by a story. In the preparation of the story attention is given to the following:

- 1. About ten new words are introduced.
- 2. Each new word is repeated at least three times.
- 3. The subject matter is suited to the interests of adults.

A separate lesson, which includes illustrations and a story, is written for each type of letter combination. Sample words — those that can be illustrated for easy recognition — are selected and used in these stories. A lesson is also made on each irregularity in which the spelling and the sound of a word vary.

Finally, at the close of each major section of the primer there is a test of the pupil's comprehension.

To ensure lasting literacy, books and papers are prepared for the adult new reader. These must be written in a controlled vocabulary, but with an adult interest content — such as helpful and practical information on home and family care, health, agriculture, religion and general knowledge.

Literacy Pays

This is a true story of a young Indian woman, Mrs L. Naidoo, of Durban. For many years she has been employed as a domestic servant and has enjoyed her work. But Mrs Naidoo was totally illiterate. She could not even sign her name and this worried her a great deal. She did not feel she was doing her best, and her work gradually showed signs of her constant worry.

Her employer, an understanding woman, suggested to her one day that she visit the offices of Operation Upgrade. Full of enthusiasm, she went looking for help.

Only six months later she received her certificate. Now she earns more money, takes messages for her employer and signs receipts. Her children write to her and, thanks to Operation Upgrade, she can now read their letters and write back to them.

An Example of a Laubach Literacy Chart

The picture illustrates a word, while it resembles the sound of the first letter of that word.	The first letter of that word is superimposed over the picture.	The word and its first syllable or letter are introduced.	The letter is repeated.
		hand h	H H h h

The system is based on the world famous "each one teach one" techniques devised by an American, Dr Frank Laubach.

Dr Laubach, a congregational minister, left the small town of Benton, Pennsylvania, almost 40 years ago to go to the Philippine Islands. His heart and life given to God, and trained as an educationist, he went to found a college and bring higher education to the people of the Philippines. His work began in very primitive surroundings, living amongst the head-hunting Moro tribesmen, and he encountered only frustration and disappointment.

"My heart was burning to help those fierce Moro people, but everything I tried to teach them they would not hear. When I held worship services, no one came. My work was fruitless."

Finally, however, he realised that the barrier between them was due to the illiteracy of these tribesmen.

"Their language had never been written. I reduced the language to writing, then made a series of picture-word charts and follow-up books to teach them to read. I could hardly believe what happened next: the adult Moros actually learned to read and write their whole spoken vocabulary in two weeks or less. Before long our literacy campaign had gained such momentum that a drastic cut in our



Here Angelina is shown the basic steps in learning to read.

funds caused by the war could not stop it. The Moros simply decided to become teachers themselves. Each one who learned taught another one and in a remarkably short time 70,000 persons had become literate."

The organisation has been active in South Africa for some time, and is geared for a new period of expansion.

One hundred and sixty-five men and women have already been trained through various welfare, commerce, government, mission and church or-

ganisations, and literacy programmes are underway in several centres throughout Natal. Two such centres are the Evangelical Alliance Mission and the South African General Mission, both of which are in Chatsworth. It is hoped to expand to the other provinces as well.

The Rev. David Chettiar, a trainee of Operation Upgrade, has recently moved from Chatsworth to Ladysmith. He has already sent a request to Operation Upgrade for more books so that he may start classes once more.

A result of the invaluable work being done by Operation Upgrade can be seen in "Angelina", also of Chatsworth. ("Angelina's" case is on record at Operation Upgrade, but she is modest and requested that her surname be withheld.) She came to Operation Upgrade for help in November last year and was put under the care of Mrs Marjorie Trumbull, a voluntary teacher of Operation Upgrade. "Angelina" has very little spare time as she works daily and also has seven children to look after. However, she manages to come twice a week in her lunch-hour and both pupil and teacher are thrilled with the results.

By means of the Laubach Chart, Mrs Trumbull teaches her pupil to associate the sound of a word with the actual letters of the word.



Although the course has to be paid for, various forms of financial aid are available, details of which can be obtained from Operation Upgrade. Profits are ploughed back into the organisation.

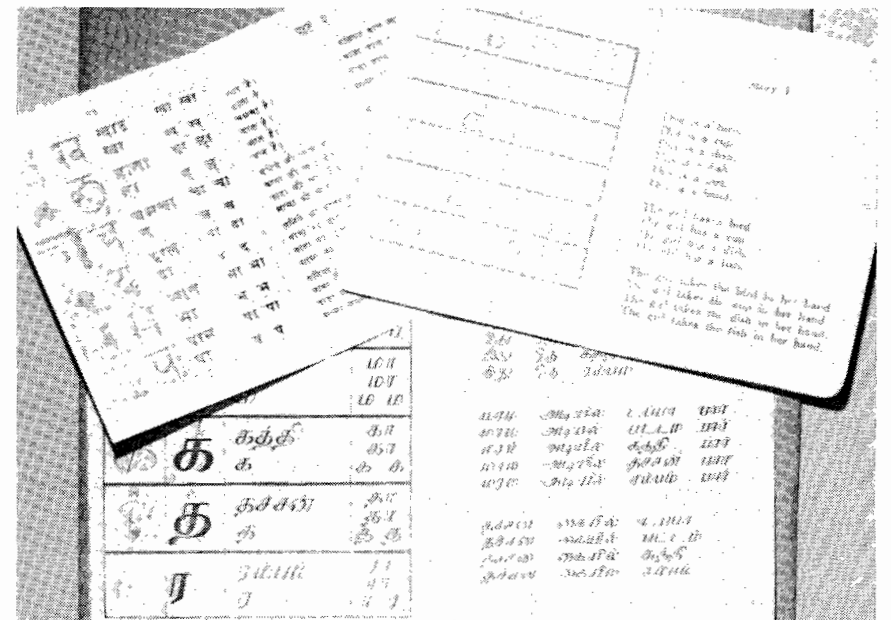
More than 60 million adults in over a hundred countries have learnt to read and write through Dr Laubach's literacy programme. Yet nine out of ten of Africa's population of 200 million remain illiterate. The programme is here to be used. Educated men and women have been trained in this particular field of teaching — it now remains for those who wish to educate themselves, or who wish to help others in this task, to come forward and make use of this opportunity.

Operation Upgrade trains educated adults to be teachers, writers or programme managers in the Laubach Literacy techniques. If you would like to share your gift of reading with an employee, a friend or even a stranger, contact Operation Upgrade of Southern Africa for "Each One Teach One" training. The offices are on the second floor of Wesley Hall, 311 West Street, Durban (Tel. 21197). A five-day teacher training course will be held between the 9th and 14th of March at the Y.W.C.A. A nine-hour "each one teach one" course will also be held on the 9th March, after which certificates will be awarded. For further information concerning these courses contact the offices.

*"The root cause of war is poverty.
The root cause of poverty is ignorance.
The root cause of ignorance is illiteracy."*

Frank Laubach,
Originator of the Laubach
Literacy Plan

These are three literacy charts in English, Tamil and Gujarati.



Garage for Laudium

(Continued from page 11)

judging by the standard of the samcoosas we tasted!

Mrs Packery informed us that there was a growing trade in take-away foods for the motorists and that she was building up a regular clientele of factory and other workers who called in daily.

A car being serviced in the modern lubrication bay.





OUR RESPONSIBILITY TOWARDS THE INDIAN AGED

*Adapted from an address by
Mr L. MILLAR
Chief Professional
Welfare Officer,
Department of Indian Affairs,
to a provincial conference on the
care and welfare of the Indian
aged, held in Durban last year*



Mr L. Millar



OWING to improved medical services and to the higher standard of living there is a general tendency throughout the world today for the percentage of people in the higher age groups to rise in proportion to the rest of the population. South Africa is no exception. Like most older citizens today those of the Republic are not only living longer but are more youthful, despite their years.

Old age has been defined as "a biological, psychological and social process which changes the individual and the situation in which he lives. To these changes, which include retirement from work, reduced income, loss of spouse, decline of biological and psychological functions, onset of chronic illness and reduced activity, the older person is forced to

make adjustments. The type of adjustment he makes is conditioned by his own personality and experience, by the roles assigned by society to older people, and by the opportunities available."

According to this definition, it is quite clear that the aged person is obliged to adjust himself to the changes which are coupled with age, yet the nature of the adjustment he makes depends on the roles assigned by society to older people, and by the opportunities available.

Society as such, therefore, has a positive responsibility towards the aged person. This responsibility applies to all races, including our Indian aged. The Government, the community — all of us — have a responsibility towards those persons on the last leg of life's journey. We all have a part to play, not merely to

add to the years of life, but, what is more important, to add life to the years. We must all learn to accept old age, treat it with understanding and generosity in others and meet it with courage and maturity when our turn comes.

BASIC NEEDS

The basic needs of man — the need to feel wanted and loved and secure, the need for self esteem, the feeling of creating and contributing and the desire to belong to a group — are also the basic needs of the aged. Not only are the aged in need of sufficient means of livelihood and accommodation, but they want to feel accepted and that they still have a place in society and particularly in their family circle. They do not wish to feel a burden to the nearest of kin and neither do they wish to feel that they

are no longer useful to society and to their relatives and friends.

Preparation for old age, even from early childhood, should take the form of developing sound convictions and interests that can enrich one's life. Many of the problems of the aged originated in social changes in the community and in prejudice in the process of ageing, especially on the part of the youth.

PARENT/CHILD RELATIONSHIP

The parent/child relationship is of the utmost importance, for many of the characteristics of such a relationship are carried over to the adult child/aged parent relationship. Where the relationship was hampered in the early child age it will be difficult for both the adult and his aged parent to assume different roles of emotional support.

The ideal situation is that adults and their aged parents should be emotionally, socially and economically independent of each other. However, the existence of emotional needs between adults and their aged parents cannot be overlooked. It is most natural that children should concern themselves about the physical, social and emotional welfare of their aged parents.

INDIAN RELIGION

For the Indian (Hindu as well as Moslems) it is considered a religious obligation to be fulfilled. In various parts of the Koran, for instance, mention is made of the child's obligations towards his parents. The following quotation from Chapter XVII (verse 23) serves as an example of this:—

*"Thy Lord has decreed
That you worship none but Him,*

And that you be kind to your parents.

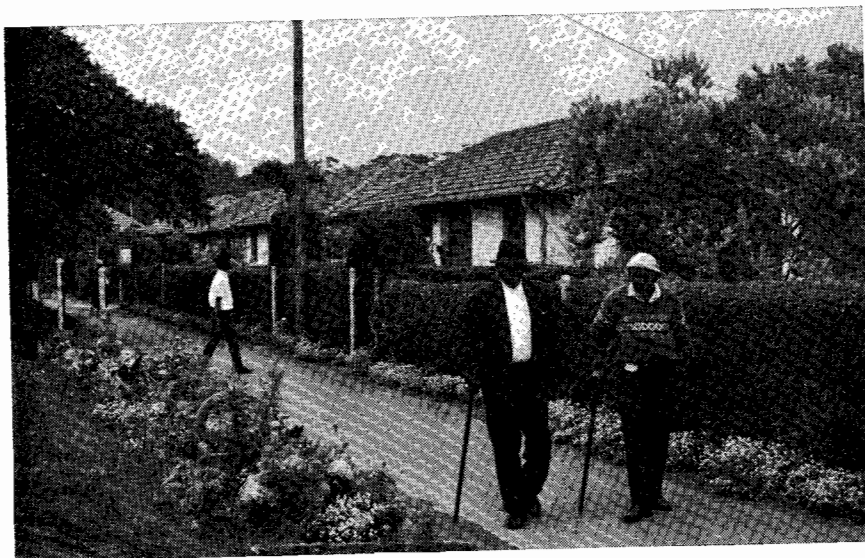
*Whether one or both of them attain old age in thy life,
Say not to them a word of contempt, or repel them,
But address them in terms of honour."*

In Chapter IV (verse 36) these obligations are extended further than in respect of parents alone, as is evident from the following quotation:—

" . . . Do good to your parents, kinsfolk, orphans, those in need, neighbours who are near, neighbours who are strangers, the companion by your side, the wayfarer ye meet . . . "

EXTENDED FAMILY SYSTEM

In Western society with its emphasis on individualisation and its tendency of economic stress it is often more complicated to handle the problem of



A view of the neatly laid out homes for the aged at Clayton Gardens, Durban, where there are over 50 cottages.

the aged. The lack of being financially productive creates a greater problem for the Westerner than for the Indian whose financial achievements and possessions are not his as an individual but that of his family. The Indian who is economically unproductive is in effect a single cell of the joint family who is to be cared for by the family.

The extended family system of the Indian population provides an excellent opportunity for the whole family, i.e. sons and brothers and their families to accept responsibility for aged parents and relatives.

In the traditional extended family system most of the needs of the aged are cared for and the aged feel that they have a place in society throughout their lives — an authoritative place — in which they experience the acceptance as the wise aged group and feel they are wanted and have a respected and useful role to fulfil as aged people.

However, with the tendency of the disintegration of the extended family and the westernisation which is taking place, it can be expected that the aged among South African Indians will progressively experience similar feelings of being superfluous, not wanted, not loved as aged people and will possibly feel insecure financially, socially and emotionally.

GOVERNMENT POLICY

The Government has always admitted a measure of responsibility in respect of those who were unable to make provision for their old age during the years in which they were money-earners. At the same time it has never been the policy of the State to take initiative out of the hands of the citizens of the country. Each citizen is in the first place expected to make provision for his own old age, by means of private pension schemes, insurances, investments, savings, etc.

The policy has always been the most efficient utilisation of its citizens and the establishment of stable economic conditions with stable avenues of employment. This principle is applicable to all population groups, including South African Indians who are recognised and accepted as a permanent part of the population of this country.

LEGISLATION

Legislation providing pensions for the aged, which has been in existence for the past forty years, has recently been expanded into the Aged Persons Act, 1967, covering a wide range of services affecting the aged.

Underlying this legislation is the traditional South African policy that, where possible, senior citizens should remain within the family circle as an integral part of the community. As

long as it is physically possible such a person must be afforded the opportunity of being active economically and make his contribution to the economic, educational and cultural development of the community and the country.

An important feature of the legislation is that it provides for the protection of old people against exploitation and physical and mental neglect.

THE AGED PERSONS ACT 1967

The administration of the provisions of this Act was by proclamation No. R283, 1968, dated 18th September, 1968, assigned to the Minister of Indian Affairs in so far as it refers to Indians. The Act provides for the protection and welfare of certain aged and debilitated persons, for the care of their interests, for the establishment and registration of certain institutions, for their accommodation and care in institutions, for the payment of old age pensions and certain allowances.

OLD AGE PENSIONS

In order to assist aged Indians to be financially self-supporting, the Department of Indian Affairs pays old age pensions to certain aged Indians. Such pensions are payable to indigent Indian males who are 65 years of age or older, and indigent Indian females who are 60 years of age or older.

The award of these pensions is subject to certain residential qualifications as well as a means test. In order to encourage aged Indians to support themselves as long as possible, the means test as regards earnings lapses when such a person attains the age of 70.

As far as old age pensions for Indians are concerned an upward trend is noticeable. For instance, on 31st March, 1963, 7,402 such pensions were being paid at an annual expenditure of R811,555. Then followed:—

1964	7,593	R910,982
1966	8,305	R1,309,319
1967	8,627	R1,386,246
1968	8,879	R1,429,901
1969	9,320	R1,579,666

Pace is kept with the rising cost of living and from time to time these pensions are revised and increased accordingly.

The following statistics reflect the number of old age pensions for Indians in payment in the various provinces as at the end of July, 1969, also denoting the expenditure at the end of that particular month:

Province	Pension	Expenditure
Natal	8,528	R127,605
Transvaal	631	R9,483
Cape	191	R2,876

From the same source (1960 Population Census) the following figures as regards the age structure of the Indian population (60 years and above), male and female, for the different provinces have been extracted.

OLD AGE HOMES

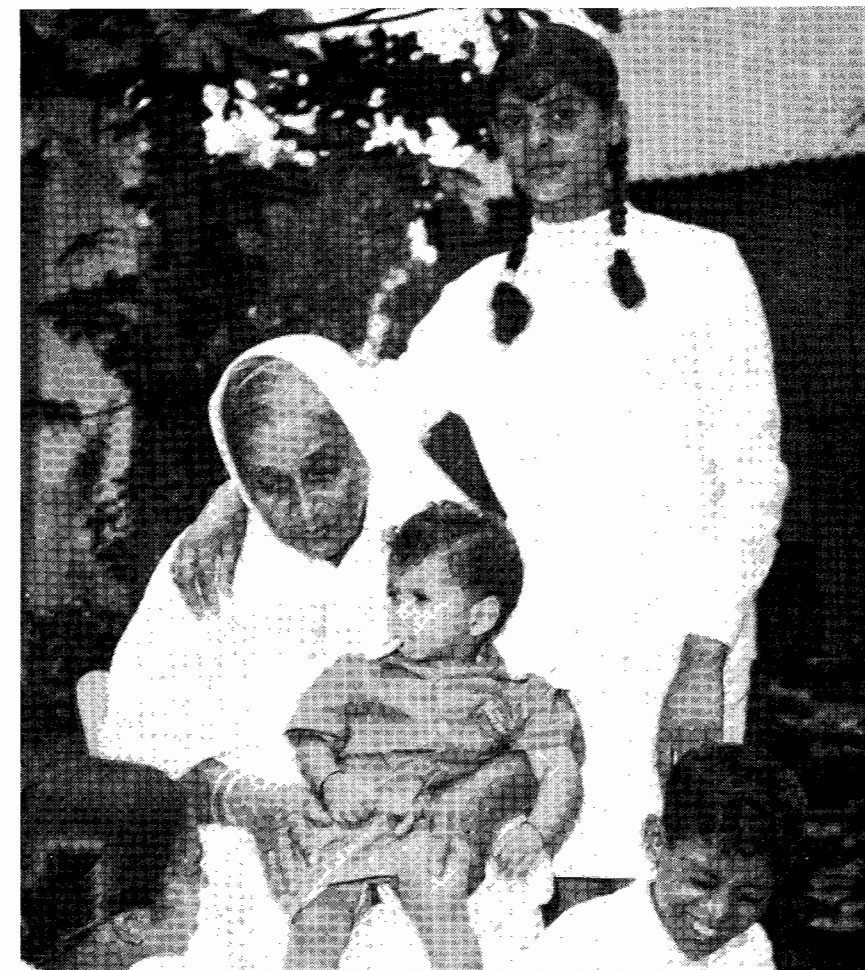
Historically, the erection of homes for the aged in South Africa is the task of voluntary welfare agencies. The role of the State is to lay down standards, to subsidise such homes, to provide building loans at special rates, and to register and inspect such homes.

Sub-economic loans are available from the Department of Community Development for building old age homes. The Department of Indian Affairs assists with an initial subsidy for furniture and equipment and a per capita grant in respect of each approved inmate, and the refunding to the Department of Community Development of the loss of interest on the sub-economic loan for building the homes.

The Department is also responsible for the cost incurred by provincial hospitals in maintaining certain indigent, infirm Indians who, though not in need of constant skilled nursing and medical attention, cannot be suitably accommodated or cared for if discharged from hospital.

At present there are two registered old age homes for Indians, one in Durban and the other in Pietermaritzburg. Both were initiated by Indian voluntary welfare organisations and are being subsidised by the Department of Indian Affairs at present to the extent of R3,000 per year.

I would be failing in my duty if I did not pay tribute to the Aryan Benevolent Home in Durban established by the Arya Yarak Sabba and the Aryan Benevolent Society in Pietermaritzburg for the sterling work



The community has a part to play in adding life to the years. It is very important to the aged that they feel wanted and that they still have a place in society.

they are doing in the form of institutional care for the Indian aged.

In Clayton Gardens, Durban, the Indian aged are housed in close on 50 cottages. Three categories of aged persons are catered for:

(i) A cottage system for pensioners. Twenty-five cottages are set out for this category. The pensioners in these cottages pay a nominal rental and are further self helping;

(ii) Six cottages (comprising 18 beds) are utilised to house the chronic sick. This section of the home has been duly registered as a D grade hospital by the Provincial Administration, has a nursing staff and honorary doctors and is in receipt of a subsidy from the Province;

(iii) Fifteen cottages are used to accommodate single Indian aged persons who are not in a position to look after themselves. These patients are screened by the Department of Indian Affairs and such screened patients are subsidised. These inmates are entirely dependent on the Home for all their needs.

In the Home at Pietermaritzburg too, both the aged as well as the infirm are cared for.

SUBSIDISED SOCIAL WORKER

Whereas this conference aims at possibly establishing an organisation representative of all groups among the Indian people which would work toward the welfare of the Indian aged, I wish to point out that the Department of Indian Affairs administers a

subsidy scheme in respect of qualified Indian social workers in the employ of registered welfare organisations. Should the proposed organisation for the Indian aged at a later stage require the services of such a worker, and the need therefor can be established, the Department of Indian Affairs would consider such an application for subsidy purposes.

THE ROLE OF THE SOCIAL WORKER

The primary object of a social worker is to help the aged person to achieve the highest degree of social well-being of which he is capable, having regard to his individual needs, values, qualities and the resources and requirements of the community in which he lives.

Case work service as rendered by the social worker is not only of great value to the ageing client, but to the community as well. No one can deny the value to the community of having clients helped through adequate evaluation and treatment, to avoid mental or physical deterioration and need for placement in an institution, of having persons helped through the appointment of guardians to conserve their economic resources and avoid becoming dependent on community agencies for support; of having married children with families of their own helped with plans for ageing parents without sacrificing the needs of their children and creating conflict between all three generations. Not least among the community values is the added hope given to all people that during the period of ageing which is often accompanied by problems, resources for help are available.

Social work with the ageing in the community covers a wide field. The social worker also has a role to fulfil in guiding and influencing the community's attitude towards the aged, by informing them about their needs and capacities. The worker must have a genuine liking for older persons, endless patience and complete and detailed information on community resources for the ageing. Special skills in interviewing are necessary, especially when obstacles to communication are present, e.g. when dealing with a client whose thinking capacity is damaged. Counselling and guidance



Medical care at the Clayton Gardens Home for the Aged, Durban.

play an important part in this field. Group therapy also has its role to play.

INSTITUTIONALISATION OF THE AGED

Although the majority of older persons remain in the community, and it is desirable that they do so, there are always some who require institutional care, either because of physical or mental illness or because they cannot adequately look after themselves in the community or have no family or friends.

The type of institution an older person enters will depend upon his reasons for seeking this type of care as well as upon available facilities. Institutions for the aged should be planned as refuges of happiness and security for the aged, not merely as places for custodial care where the inmates vegetate and wait for death. The location of the home, the buildings and facilities within the buildings, the food, the recreational therapy should be planned with a view to the physical, intellectual, emotional and social needs of the individual.

Work with the aged in institutions should aim towards developing and maintaining the best possible physical and intellectual status and helping the old person to achieve emotional security, peace and happiness. It should encourage active participation in life, the development of the individual oldster's interests in other persons and things outside of himself.

CONCLUSION

The aged form a permanent group in our national life. Just as the poor, we shall always have the aged with us. It is a natural law and it is a good thing that it is so. Youth has a rejuvenating influence; the aged have a stabilising and preserving influence. The young ones are the **whip**, but the old ones are the **brake** of the wagon, and both are necessary if we are to traverse the road ahead safely and without mishaps. We are obliged to accept the fact that the aged must form a useful and necessary group in the composition of our population. It goes without saying that this applies to all the population groups in our country and is certainly true too of our Indian aged.

WHY ARE WE holding a Water Year? Why not rather use the money to build a dam or two? Many of us are under the impression that water is only a temporary problem, the result of a few dry years; or that the authorities are to blame because they did not see to it that sufficient dams were built in time.

But the answer is that South Africa unfortunately is generally poor in water and always has been. Our available water has been the same for thousands of years. It has been sufficient for all the years that man has used it, but now the picture is changing. Why?

TOO LITTLE WATER

Because our population and economic activities are growing so rapidly that the available water is becoming too little for the demand. It is not merely a question of too few dams, it is a question of too little available water.

The solution is that we must take better care of the available water, use it better, and appreciate it more. We must, as it were, squeeze more kilometres per litre out of our water.

THE COLD STATISTICS

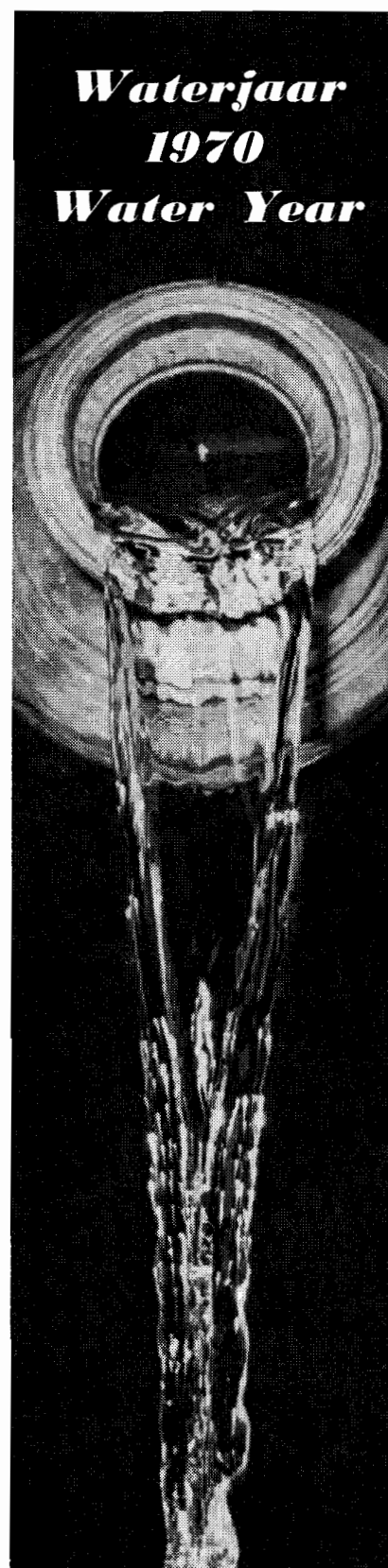
Look at this picture: We use at present almost 10 440-million kilolitres (4 million morgen feet) of water a year. In a short 30 years our population is expected to double, and then we will need about 28 710-million kilolitres (11 million morgen feet) of water a year. (One morgen foot = about 2 610 kilolitres = about 574 gallons.)

But the problem is: if we build all the dams and water schemes that we can, we will only be able to store 26 610 million kilolitres of water a year. Where is the other 2 610 million kilolitres going to come from?

MUST UNDERSTAND

It is essential that we understand and appreciate this question. This is precisely the aim of the Water Year: to make each of us in South Africa

(Continued Cverleaf)



Waterjaar 1970 Water Year

WAAROM vier ons „Waterjaar 1970“? Waarom nie liewer die geld gebruik om nog 'n dam te bou nie? Die antwoord lê daarin naamlik dat baie van ons onder die indruk verkeer dat water maar net 'n probleem van tydelike aard is as gevolg van 'n paar baie droë jare; of dat dit die owerhede se skuld is omdat daar nie betyds genoeg damme gebou is nie.

Ongelukkig ondervind groot dele van Suid-Afrika dikwels 'n waterskaarste. Ons beskikbare water-bronne het vir duisende en duisende jare staties gebly. Dit was nog deur die eeue voldoende vir menslike gebruik, maar die prentjie het skielik verander. Hoekom?

TE MIN WATER

Ten gevolge van ons snelle bevolkingsaanwas en ekonomiese opbloei, het die beskikbare water te min begin word. Dis nie soseer 'n kwessie van te min damme nie, maar van te min beskikbare water.

Die voor die handliggende oplossing is dat ons die beskikbare water meer ekonomies moet benut. Ons moet as 't ware meer kilometers per liter uit ons water kry.

DIE KOUE STATISTIEK

Laat ons die saak meer realisties benader: Ons gebruik tans byna 10 440 miljoen kiloliter (4 miljoen morgvoet) water per jaar. Oor 'n skrale dertig jaar word daar verwag dat ons bevolking sal verdubbel, en dan gaan ons sowat 28 710 miljoen kiloliter (11 miljoen morgvoet) water per jaar benodig. (Een morgvoet = ongeveer 2 610 kiloliter = ongeveer 574 gelling.)

Maar die knoop is dat ons maar 26 610 miljoen kiloliter water per jaar kan opgaar, as ons al die damme en skemas gebou het wat daar te bou is. Waar gaan die ander 2 610 miljoen vandaan kom?

MOET BEGRYP

Dit is belangrik dat ons hierdie probleem in sy volle konsekwensie sal begryp. En dit is wat die eintlike doel van die Waterjaar is: om elkeen van ons in Suid-Afrika bewus te maak van die water-situasie, sodat ons kan saampraat as daar oor water en

(Op Volgende Bladsy Vervolg)

(From Previous Page)

aware of the water situation, so that we can join in when the talk leads to water, and dams and sewage purification. And still more: so that we can understand why in the future more will have to be spent on saving even less water, because all the "easy" and "cheap" dam sites have already been used. Now there remain only expensive schemes.

Only then, when everyone has been informed on water matters, will we be able to transform that deficit of 2 610 million kilolitres into a surplus.

THE AIM

It is, therefore, the aim of the Water Year to inform all of us, on every level and in all fields, about water, and to stimulate us to think and talk about water. It will not be a sermon, because the Government believes that water is here for man to use and to enjoy — but not to regard as inexhaustible.

It is proposed to publicise the Water Year on a very wide field — through lectures, film shows, radio programmes and articles in magazines and newspapers.

For the scientist there will be a number of congresses, simposiums and an international convention about water.

COMMITTEES

For children there will be special lectures on water, various school projects and other events. Committees are being formed in Indian schools and in many communities to plan programmes for this campaign. As soon as more information is available as to what is being planned in this respect, *Fiat Lux* will publish details.

Everyone can make a positive contribution to the Water Year. Everyone who does so will be doing his bit to ensure that his children will one day have just as much water as we have today. Think about water. Talk about it. Try to conserve it and so help the Water Year.

**Think about
WATER!**

**Talk about
WATER!**

**Conserve water
and help the
Water Year**



**Dink oor
WATER!**

**Gesels oor
WATER!**

**Bespaar water
en help die
Waterjaar**

(Van Vorige Bladsy)

damme en reënval en riool-suiwering gepraat word. En nog meer: sodat ons ten volle sal begryp hoekom daar voortaan baie meer geld bestee sal moet word om relatief baie minder water op te gaar omdat al die „maklike” en „goedkoop” damterreine klaar opgebruik is. Nou bly net die duur skemas oor.

Eers dan, wanneer ons almal ingelig is oor ons water-probleme, sal ons in staat kan wees om daardie tekort van 2 610 miljoen kiloliter water per jaar om te skep in 'n oorskot.

DOELSTELLING

Daarom is een van die belangrikste doelstellinge van „Waterjaar 1970” om op alle moontlike terreine, te praat van en te besin oor water. Die Regering glo dat water daar is vir mense om te gebruik en te geniet maar om dit tog nie as 'n onuitputlike kommoditeit te beskou nie.

Publisiteit gedurende hierdie tyd gaan daar wees op 'n wye veld — plaaslike vieringe, lesings, rolprent-vertonings, radioprogramme en artikels in tydskrifte en koerante.

Vir die wetenskaplikes is daar 'n tiental kongresse, simposiums en 'n internasionale konvensie oor water.

KOMITEES

Vir kinders is daar spesiale lesings en skoolprojekte oor water, venster-plakkers en talle ander vermaaklikhede. Verskeie komitees word tans in Indiërskole en in baie gemeenskappe gestig. Sodra ons meer weet van wat beplan word sal dit gepubliseer word. Ons sal ook baie geïnteresseerd wees om te verneem wat lesers doen in verband met die Waterjaar.

Elkeen kan 'n positiewe bydrae aan die Waterjaar lewer, en elkeen wat daadwerklik help, verseker dat die nageslag ten minste net soveel water sal hê as wat ons vandag het. Gesels oor water — dink oor water. Probeer dit bespaar en so sal u positief help dat die Waterjaar 1970 'n reuse sukses sal wees.

Liggaamlike Opvoeding en Sport

deur Mnr J. F. PISTORIUS,

Vakinspekteur vir Liggaamlike Opvoeding, Departement van Indiër Onderwys

AANGESIEN die term „sport” algemeen bekend is en dikwels verwar word met die term „liggaamlike opvoeding”, is dit nodig om op die verskil in betekenis te wys. Terwyl sport 'n deel uitmaak van liggaamlike opvoeding, kan die opvoedingsaspek totaal ontbreek. Ons stel sekere opvoedkundige vereistes aan die vak liggaamlike opvoeding, wat nie noodwendig aan sy verskillende vertakkinge soos bv. swem, atletiek, gimnastiek en spele, buite die skool, kollege of Universiteitsverband, gestel word nie.

Wanneer hierdie praktiese aktiwiteite in die hande van die opvoeder binne 'n opvoedkundige raamwerk aangebied word, en dit word met insig en oorleg aangebied, word dit bekend as liggaamlike opvoeding.

'n Beknopte, historiese oorsig aangaande die ontwikkeling van die term liggaamlike opvoeding, sal meer duidelikheid in dié verband bied.

IN DIE OU DAE!

Oorspronklik (ongeveer 1820-1880) was die aktiwiteitsprogram (georganiseerde aktiwiteite) bekend as „body culture”. Fisiese ontwikkeling, simmetriese spiere, anatomiese en fisiologiese voordele van oefening vir die menslike liggaam, was baie prominent. Hierdie fisiese ontwikkeling word vandag nog vir kommersiële redes beklemtoon, deur die sogenaamde „health studios”.

'n Verdere ontwikkelingsfase vind ons gedurende 1880-1910 toe die term „physical training” ontstaan het. Hierdie term word vandag nog dikwels verkeerdelik gebruik. Gedurende hierdie tydperk was die „training” gedagte oorheersend. Hierdie term het sy verskyning gemaak toe fisiese aktiwiteite hoofsaaklik uit individuele vrye oefening bestaan het.

Die Duitse, Engelse en Sweedse metodes van liggaamlike opvoeding het aan die begin van die 20e eeu 'n sterk militaristiese karakter gehad en het gevolglik die idee van „training” aangewakker. Hierdie term word tans gebruik met verwysing na opleiding in ons Polisie of die leëropleiding.

Sedert 1910 maak ons gebruik van

die term liggaamlike opvoeding. Sedertdien is die aktiwiteite in georganiseerde vorm as skoolvak aangebied. Die opvoedingsgedagte van die vak vorm die basis van sy bestaansreg.

Deur liggaamlike opvoeding kan 'n belangrike bydrae gelewer word tot die vorming van mense wat 'n gesonde, positiewe uitkyk op die lewe het. Daar is verskeie doelstellings van liggaamlike opvoeding.



Verantwoordelikheid en lojaliteit kan aangekweek word deur groep- of spanbelange, soos die versorging van apparaat, en hulpverlening in sekere sporte.

Ferstens is daar die fisiologiese en anatomiese aspekte. Dit sluit in :

(a) Die bevordering van 'n goeie liggaamshouding :

Leerlinge moet bewus gemaak word van 'n goeie liggaamshouding. Dit is 'n geval van gewoonte en in liggaamlike opvoedingslesse kan hulle geleer word om bewustelik 'n goeie houding aan te voel. 'n Goed ontwikkelde liggaam is die beste beskerming teen houdingsfoute wat byvoorbeeld veroorsaak word deur die dra van 'n boektas, swak houdings wat gedurende skoolure ingeneem word, ens.

(b) Spierversterking :

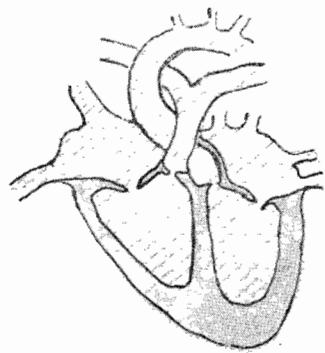
Spiere ontwikkel alleen wanneer hulle orbeid verrig. Die waarde van 'n goed ontwikkelde spierstelsel spreek uit die toename in vaardigheid om normale bewegings in die dagtaak uit te voer en 'n mooi en 'n gesonde liggaamshouding.

(c) Die ontwikkeling van uithoudingsvermoë :

Hierdie tipe aktiwiteit vereis 'n redelike vinnige tempo wat vir 'n lang tyd volgehou moet word, bv. lang afstand hardloop, touspring vir 'n gegewe tydskuur, bergklim teen 'n redelike vinnige tempo sonder onderbrekinge of deelname aan 'n redelike vinnige spel, bv. sokker of rugby.

Hierdie aktiwiteite staan ook bekend as orgaanversterkende aktiwiteite. Organe soos die hart, die longe en bloedsomloopstelsel in die geheel, baat geweldig deur hierdie tipe van aktiwiteit. Deur hierdie tipe van werkverrigting, neem die vitale kapasiteit (volume) van die longe toe. Die slagvolume van die hart neem toe, terwyl die tempo afneem, dit wil sê, die hart klop stadiger en kragtiger. Bloedhaarrate na verafgeleë spiere en organe in die liggaam neem toe in getal, sodat beter voeding kan plaasvind. Hierdie bloedsomloopstelsel verskaf groter voorraad brandstof aan die spiere met 'n mindere mate van inspanning deur die hart.

Dit kan genoem word dat die term „atletiese hart” verkeerdlik deur leke opgeneem word. Die hart van die atleet is gewoonlik 'n groot, sterk hart met 'n lae tempo, 'n groot slagvolume, met 'n ekonomiese werkverrigting. So 'n hart is 'n bate vir enige persoon.



Die hart is een van die organe wat deur gereelde oefening baat. Die atleet het gewoonlik 'n groot, goedontwikkelde hart.

Hierdie genoemde doeltreffende hart, word verwar met die patologies, vergrootte hart, wat natuurlik 'n sieklike hart is.



Fisiese fiksheid word deur oud en jonk nagestreef. Hierdie „fiets” ontwikkel fiksheid veral in die bene.

Tweedens is daar die Sielkundige Aspek.

Verstandelike en emosionele gedragsaspekte kan nie van die organiese en motoriese aspekte geskei word nie, ofskoon die verhouding in bepaalde situasies afwissel wat die graad betref. Die liggaam en gees is een en kan nie geskei word nie.

Leerlinge word aangeleer om korrek te reageer op 'n situasie. Daar is talryke moontlikhede vir foutiewe reaksie en ons kan die leerlinge aanleer om korrek te reageer.

Liggaamlike aktiwiteite dien as afleiding van emosionele spanning, veral by woelige en hooggespanne kinders.

Die korrelasie tussen intelligensie en motoriese vaardigheid is betreklik laag en die waarde van prestasie op sportgebied is veral van belang by verstandelik vertraagde kinders.

Die prestasie word soms beperk deur die sielkundige grens (sy/haar eie voorstelling van prestasievermoë) en dit kan voorkom word deur die aankweek van selfvertroue en belangstelling op die beweging toe te spits in plaas van graad van prestasie.

Aktiwiteit is die enigste bron van sielkundige ontwikkeling.

Liggaamlike ontwikkeling ontwikkel die kind deur deelname aan gepaste, kragtige, totale liggaamsaktiwiteite, wat ook moet voldoen aan die sosiale standaarde.

Derdens is daar die Opvoedkundige Doelstellings :

Die klem val op die opvoeding en nie die prestasie nie. Wat is die doel van die opvoeding?

Ons strewre daarna om die meeste groei en ontwikkeling van elke individu so te bevorder dat dit die beste aanpassing by sy fisiese, verstandelike en sosiale omstandighede bewerkstellig — vandag en in die toekoms. (Dit is dus oordraagbaar).

Die feit dat sekere gedragkodes oordraagbaar is na die algemene en latere lewe van die kind, maak liggaamlike opvoeding onontbeerlik as karaktervormende vak op skool.

Hoe lewer liggaamlike opvoeding 'n bydrae tot algemene opvoeding? Dit is opvoeding deur middel van hulp (deur die onderwyser) by gekeurde

bedrywighede. Die program sluit die hele persoon, asook die resultaat van sy algehele opvoedkundige ervarings in.

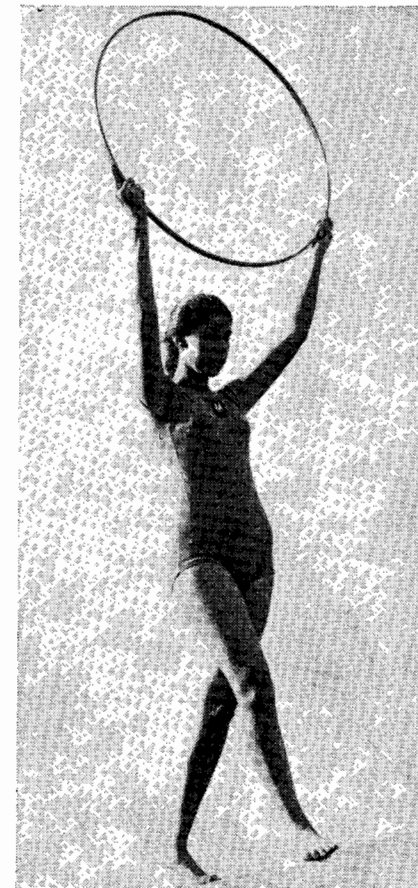
Liggaamlike opvoeding kan 'n groot bydrae lewer tot die vorming van gesonde, gebalanseerde mense. Die opvoeder moet daarna strewre om die volgende deugde by die leerling aan te kweek :

- (i) Gehoorsaamheid: Kinders moet geleer en gelei word om bevels stiptelik en gewilliglik uit te voer.
- (ii) Aankweek van 'n verantwoordelikeheidsgevoel, bv. by die versorging van apparaat en hulpverlening. Hulle moet geleer word om nie agtelosig te wees nie.
- (iii) Selfdisipline: Om gehoorzaam en gedissiplineerd te wees uit eie, vrye wil en nie slegs onder dwang en toesig nie. In hierdie opsig kan hulle die regte leiding ontvang wanneer hulle met vrye aktiwiteite besig is.
- (iv) Selfbeheersing: Lei die leerlinge om emosies te beheer, bv. om met die regte gesindheid te wen of te verloor.
- (v) Eerlikheid- en regverdigheidsin word ontwikkel en getoets, veral wanneer leerlinge aan spele deelneem.
- (vi) Moed, deursettingsvermoë en wilskrag is eienskappe wat aankweek kan word gedurende hindernisspele en vaardigheids-oefninge.
- (vii) Lojaliteit teenoor 'n groep: Kinders kan veral in groeps-aktiwiteite leer om hulself op die agtergrond te stel terwille van groep- of spanbelange.
- (viii) Leierskap kan gekweek word, veral waar leerlinge geleentheid kry om as groepleiers op te tree.

Vierdens is daar die Gesondheidsdoel.

Gesonde lewensgewoontes soos reinheid en netheid kan in hierdie vak aankweek word.

Algemene kompensasie vir die liggaam moet verskaf word bv. aangesien leerlinge lank vooroor sit in skoolbanke, moet oefinge aangebied



Sport en fisiese aktiwiteite bevorder 'n goeie liggaamshouding en grasieluse bewegings.

word waardeur die borugspiere versterk word.

Deur die korrekte houding aan te kweek, word die gesondheid bevorder, en;

Groeiprikkels word verskaf.

Daar is ook die Sosiale Doelstellings :

Alle voorafgaande doelstellings soorteer in breë trekke hieronder en dui op aanpassing by die sosiale samelewing.

Kind te leer om homself by moderne lewensomstandighede aan te pas. Mens moet aanpas by die wisselende omstandighede meganisering, verminderde aktiwiteite, ook korter werksure. Leer hulle om vrye tyd reg te bestee, deur self aktief te wees en nie net aan gekommersialiseerde ontspanning deel te neem nie. Dit werk ook jeugmisdaad teë deurdat die kinders dan positief aktief is.

As gevolg van gejaagde lewe en lewensomstandighede, is daar 'n vermeerderde emosionele- en senuspanning. Dit lewer probleme wat groot eise stel aan die opvoedkundige en geneeskundige kragte. L.O. kan aan hierdie mense die regte afleiding gee. Dit word almeer duidelik deur te let op die veld wat verower word deur beroeps- en ontspanningsterapie.

Die lewensverwachting word al langer deur die verbeterde mediese ontwikkeling. Hierdie mense moet gesond bly sodat hulle nie 'n las vir die staat op hul oudag is nie. So ook is fisiese fikse persone onontbeerlik vir die land se werksvermoë.

Gesonde menslike verhoudings teenoor mekaar kan deur die vak gekweek word wanneer die leerlinge ritmiese aktiwiteite, apparaatgimnastiek, span en groepspele beoefen. Samewerking op die gebied van spanspele, is 'n absolute vereiste. Die beginsel van leierskap en die idee van „te volg” word ten volle uitgeleef.

ORGANISASIE VAN INDIËR-SPORT.

Dit is normaal en ook 'n vereiste dat sport van onder af opgebou word. Daar word tans ernstige aandag gegee aan die korrekte organisasie van Indiërsport soos deur skoliere beoefen. In breë trekke dink ons hier in die eerste instansie aan 'n klub met sy eie klein bestuur. Vanaf die skool klub vorder ons na streke met 'n streekbestuur. Streekkompetisies lei na provinsiale kompetisies met 'n provinsiale bestuur en uiteindelik word op nasionale vlak meeding.

Dit is noodsaaklik dat die kleinere gladweg by die moederorganisasie sal aansluit. Kom ons neem atletiek as voorbeeld.

Om dan by die kleinere te begin, is dit noodsaaklik dat interhuis kompetisies so dikwels as moontlik gereël sal word om soveel leerlinge as moontlik tot deelname aan te moedig. Die leerlinge word in drie of vier verskillende spanne ingedeel en hierdie spanne ding teen mekaar mee. Elke span behoort 'n onderwyser/leerling bestuur te hê wat sal administreer en organiseer. Slegs een onderwyser bygestaan deur drie leerlinge wat deur die betrokke spanne gekies word, behoort voldoende te wees.

Wenners word gekies om op 'n latere datum teen ander skole in die streek te kompeteer — ons vorder sodoende na die interskool kompetisies. 'n Komitee bestaande uit onderwysers van die betrokke mededingende skole, staan in beheer van, en reël hierdie jaarlikse kompetisies. Hierdie kompetisies moet op Saterdagoggende plaasvind sodat moontlike botsings met ander skoolaktiwiteite uitgeskakel sal word.

Spanne moet gedurende hierdie toere deur die afrigter, onderwysers/esse vergesel word, of die prinsipaal moet geskikte onderwysers/esse as plaasvervangers aanwys. Wenners van hierdie streekkompetisie, word nou gekies om op provinsiale vlak deel te neem. Weereens staan 'n onderwyser-komitee wat gedurende 'n jaarvergadering deur alle betrokke onderwysers gekies word in beheer van die organisasie en administrasie. Hierdie komitee is verantwoordelik vir wetgewing en uitvoering binne die raamwerk van die senior beheer-liggaam; in hierdie geval die Suid-Afrikaanse Amateur Atletiek Unie.

Wenners van die provinsiale kompetisie gaan nou aan die Suid-Afrikaanse kampioenskappe deelneem.

Dit is belangrik dat elke sportsoort afsonderlik beheer sal word, anders sal geen sportsoort werklik tot sy reg kom nie. Dit is ook nie moontlik om alle sportsoorte onder een kombes te probeer dek nie; aangesien daar baie duidelik op afsonderlike grondslag vir affiliasie voorsiening gemaak word.

Die volgende prosedure van affiliasie kan in die geval van sokker gevolg word. Hierdie prosedure geld vir die meeste sportsoorte.

- Indiër Primêre skole kan affilieer by die sokker Streekvereniging vir primêre Indiërskole.
- Die Sokker Streekvereniging vir Primêre Indiërskole kan affilieer by die Sokker Streekvereniging vir Indiër Hoërskole.
- Indiër Hoërskole affilieer by die Sokker Streekvereniging vir Indiër Hoërskole.
- Die Sokker Streekvereniging vir Indiër Hoërskole affilieer by die Provinsiale Sokkervereniging vir Indiër Hoërskole.

ENGLISH SUMMARY

Physical Education and Sport

BECAUSE the terms sport and physical education are often confused, it is first of all necessary to distinguish between the two. Although sport does make up a part of physical education, the educational aspect may be missing. There are certain educational demands attached to physical education which are not necessarily associated with all its ramifications such as swimming, athletics, etc.

Several phases have been gone through in the development of physical education, and a brief historical survey will give more clarity in this

The organisation and promotion of Indian sport is receiving steadily more and more notice from the authorities. Here Springbok cricketer Atholl McKinnon, imparts a few bowling tips to a student at the M.L. Sultan Technical College.

- Die Provinsiale Sokkervereniging vir Indiër Hoërskole affilieer by die Senior Provinsiale Indiër Sokkervereniging.
- Die Senior Provinsiale Indiër Sokkervereniging affilieer by die Nasionale Indiër Sokkervereniging.
- Die Nasionale Indiër Sokkervereniging affilieer by die Nasionale Sokkervereniging.
- Die Nasionale Sokkervereniging affilieer by die Internasionale Vereniging.

Alhoewel paragrawe (f), (g) en (h) net van indirekte toepassing is op Indiërskole, word hulle nogtans genoem om die belangrikheid van afsonderlike organisasie van elke sportsoort te beklemtoon.

Die stelsel is gebaseer op die internasionale stelsel. Doeltreffende organisasie van Indiërsport volgens die aangeduide riglyne, sal die weg baan tot verskeie Suid-Afrikaanse Junior en Senior Kampioenskapsbyeenkomste.

regard.

In the middle 1800's the physical development of muscles and the anatomical and physiological advantages of exercises were known as "body culture". This is still promoted by health studios.

There was a further development between 1880 and 1910 when the term "physical training" arose. Here the concept of training as such was most prominent.

Since about 1910 the term "physical education" has been used. It has since been offered as a school subject, and the educational aspect is the basis for its existence.



School Wins Thrift Prize

HOW MANY PEOPLE remember the RSA Savings Campaign, to which "Fiat Lux" gave publicity last year? Well, we know that in Greytown, Northern Natal, many of the pupils of the local State Indian Infant School do. Last year they topped all the other Indian schools in the Republic to win the B.P. Progress Trophy for Thrift, according to the principal, Mr R. G. R. Chetty.

The trophy is presented annually to the Indian school whose pupils enrol in a thrift campaign and save money. Last year 190 pupils enrolled in Greytown and saved a total of R1 021.80, for which the school received the trophy and a cash prize, which is to be used to buy a thrift trophy for inter-house competition at the school.

The school has made remarkable progress in the thrift campaign in the



past three years. In 1967 a total of R121.15 was collected by 189 pupils, in 1968 a total of R670.50 was collected by 196 pupils, and then last year the school won the trophy.

The picture shows Magaswarie Pillay, who banked the highest amount, holding the trophy. Others

in the picture are (left to right): Mr M. Moolla (treasurer), Mr R. G. Chetty (principal) and Mr J. L. de Klerk (Department of Finance). Mr de Klerk presented the trophy.

Mr Chetty says that his school will be going all out to win the trophy again this year.

PHYSICAL EDUCATION

(Continued from Previous Page)

Physical education can contribute a great deal to the forming of people with a healthy, positive outlook on life.

The physiological and anatomical aspects include the promotion of a good posture, muscle development and the development of stamina — which includes the strengthening of organs and improvement of circulation.

Then there are the psychological aspects, which cannot be divorced from the organic and motor aspects. Physical activity can function as a tension reliever, and activity is the only source of psychological development. Through exercises the child also develops all sorts of other healthy, effective reactions and builds character.

There are several educational aims, and the emphasis falls not on the achievement but on the education. The aim is to encourage the best growth and development of each individual. Behaviour that he learns is transferable to other aspects of life

and this makes physical education essential.

How does physical education make a contribution to general education? It is education through help, in programmes which help develop the whole person.

Educationists can through physical education strive to promote obedience, responsibility, self-discipline, self-control, honesty and a sense of justice, courage, determination and will-power, as well as loyalty towards a group and leadership.

There is also the health aspect. Besides physical exercise, posture and healthy habits can be encouraged.

Finally there is the social aspect. All the previously mentioned aspects also fall under this and have a bearing on adjustment to the social community.

It is necessary and essential that sport organisation be built up from modest beginnings, and at present a great deal of attention is being given to the proper organisation of Indian sport as practised by school children.

In all sports it is essential that the small organisations can join the parent organisation with ease.

It is important that each sport be controlled separately otherwise it will not develop to the full, and all sports cannot be treated alike.

The following process of affiliation can be followed in most sports:

Indian primary schools can affiliate to the regional association for primary schools;

This regional association for primary schools can affiliate to the regional association for Indian high schools;

High schools affiliate to the regional association for high schools;

This association affiliates to the provincial association for high schools;

The provincial association for high schools affiliates to the senior provincial association; which in turn affiliates to the national Indian association. The latter then affiliates to the National association, and this to the International association.

This system is based on the International one. Effective organisation along these lines will lead the way to various South African junior and senior championships.

First Indian Bank

THE FIRST Indian-owned bank in South Africa, the new Republic Bank, has been registered as a general bank and will soon open its doors in Durban. Advertisements have already been put out for graduates who will form the nucleus of the bank's future staff. The directors of the bank are leading members of the Indian community. Besides providing executive positions for qualified Indians, the bank is also expected to help channel money into Indian undertakings.

News for Farmers

SOIL SCIENTISTS, working in various parts of South Africa, hope later this year to publish a national classification system whereby agriculturists, town planners and others will be able to recognise and identify accurately the many different soil types on which the country's agriculture is based and on which roads, cities and airports are built, reports the quarterly review *Scientific Progress*.

Sweeter Prospects

GOOD NEWS for the many Indians in the sugar industry! The South African sugar industry is glad to see the back of the "sour sixties" and "is fully equipped to take advantage of all the opportunities the seventies have to offer," says Mr Anson Lloyd, chairman of the S.A. Sugar Association. Among the encouraging factors are rising consumption in South Africa, a higher quota than under the previous agreement, new markets and favourable weather during the current season.

DID YOU KNOW?

Cancer Finding

WHATEVER the form of tobacco used for chewing, the risk of developing oral cancer (of the mouth and gullet) is higher in chewers than non-chewers, according to a study on the "epidemiology of oral cavity cancer", conducted by the Indian Council of Medical Research, and reported recently in the Press.

According to Professor P. N. Wahi, Director General of the Council, the incidence of buccal cavity cancer was found to be 21.4 per million of the population, based on house-to-house visits. He said that studies had shown that those in the habit of chewing tobacco daily were eight times more liable to develop cancer than non-chewers.

All in all, the findings indicated that the more you chew tobacco, the higher risk you take, in comparison with non-chewers, of developing oral cancer.

Growth In Manufacture

CLOTHING, beverages, printing and publishing, rubber products and electrical machinery are headed for a growth rate of over 10 per cent. this year, according to the Federated Chamber of Industries.

These sectors, which employ many Indians, are expected to spearhead an increased tempo of manufacturing production this year. Manufacturing industry as a whole is expected to grow at 8.9 per cent. against 7.0 per cent. last year.

On a regional basis the tempo of manufacturing production is seen by the Chamber as increasing fastest in Natal and the Eastern Province. Growth in Natal is expected to be at 11.6 per cent. and in the Eastern Province at 12.2 per cent. The Southern Transvaal is expected to have a growth rate of about 8.7 per cent.

Medical First

SOUTH AFRICA gained a major surgical "first" nearly 150 years ago with a Caesarean birth in which both mother and child survived, according to Mr Eric Vertue, a member of the National Monuments Committee. Mr Vertue says the first Caesarean section was performed in Zurich, Switzerland, in 1818, and many other countries followed suit. But always either the mother or child died, or both.

South Africa's history-making Caesarean was performed in Cape Town on July 25, 1826, by a Dr

James Barry, who was reputed to have been a woman. Both mother and child lived. It was not until 1834 that a similar success was obtained in another country — England.

Braille Expert Honoured

DR WALTER COHEN, of Johannesburg, has been re-elected chairman of the World Braille Council. His election also gives him a seat on the executive of the World Council for the Welfare of the Blind.

Engineering Bursary

A LEADING Indian-owned industrial concern in Durban is to make a bursary available to an Indian student for a four-year course in mechanical engineering at a local university, according to the Press.

A director of the concern, Mr V. Moodliar, told the Press that there was a need for personnel to fill top-level positions in industry, and it was for this reason that the bursary has been offered. The bursary will include the cost of tuition and books for a B.Sc. degree in Mechanical Engineering, probably at the University College for Indians, which has just instituted an engineering course.

Metrication and the Housewife



THIS MONTH we shall deal with metrication and the housewife — although anyone who does any shopping or cooking will find the article of use. Metrication will in the long run be a boon to housewives. There will, of course, be the odd dish that is spoiled because pounds were incorrectly converted to grams, or the occasional flavouring that is too strong, but we have full faith in the ability of the housewife to survive such minor catastrophes!

And to counter-balance any such misfortunes there are a number of advantages for the housewife in the change-over to the metric system. There are also several things she, or any other shopper in the family, should know.

As from the beginning of this year it has been compulsory for all pre-packaged, non-prescribed goods (those that can be ordered or bought without a prescription) to indicate the weight (or mass) of their contents in metric units. This will please a great many discerning housewives, who for years have bemoaned the fact that many "jumbo", "giant-size" and "economy" packs bear no indication of how much they contain. The result is that you do not really know whether you are getting a bargain or not, or even the best value for your money.

In future everything will be marked and the shopper will be able to tell at a glance whether the giant-size

really is a better buy than the smaller pack.

Foodstuffs sold by weight may cause a few problems but the shopper should become accustomed to them fairly soon. Here the question will not be how much to buy, but whether the price has risen.

The sizes of metric packs will in many cases change to the nearest round figure in metric units and also to conform to various standardized types of packaging now being introduced. However, if the metric pack is smaller than the old pack, it should cost less, and vice versa. The housewife will need to become accustomed to the price adjustment, then she shouldn't experience any difficulty on the weight issue. The authorities will no doubt keep an eye on the situation as well.

Although in future recipes will have to be printed and goods sold according to the new measures, there is no need at present just to throw away existing cookery books, scales or tape measures. Conversion tables (such as have already appeared in *Fiat Lux*) will be your guide. But if you are buying new equipment make sure that it bears metric measurements. It will help you if the equipment has both metric and the old Imperial units marked on it.

Many old recipes, based on cup measurements, will still be usable, even if the capacity of the standard measuring cup changes slightly — just be careful not to use the old measuring cup and the new one in the same recipe!

With the change-over, various measurements that concern everyday family life will change. For instance, home dressmakers will be buying material by the metre — a metre is slightly longer than a yard. And when buying a shirt, you will have to remember that father no longer wears a 17-inch collar but a 43-cm one. Clothing manufacturers may simplify matters by giving shirts numbers which do not correspond with the dimensions of the collar. This is at present done in the case of boys' shirts.

Metrication will also benefit the customer when buying shoes. At present people do not really know what size they wear in shoes — it varies from one brand to another. There is one size for Italian shoes, another for an American fitting and yet another for French makes. In addition, there are the ordinary sizes.

Now that the metrication of shoes is being mooted, manufacturers are negotiating with shoemakers in Europe to see if agreement can be reached on a general system of numbering the sizes.

Dress materials, wool, linen and carpets will be sold by the metre but this should not really pose any problems, provided people become used to the new measurements.

The kilogram will feature largely in shopping lists. Fractions of the kilo are likely to be replaced by a round figure, the lb. in most cases giving way to 500 grams, slightly more than we buy now. We shall also be asking for a litre of milk instead of a quart.

Metrisering en die Huisvrou



HIERDIE maand gesels ons oor metrisering en die huisvrou — hoewel enigiemand wat inkopies doen of wat kook, die artikel nuttig sal vind. Metrisering gaan seer-sekerlik op die lange duur vir die huisvrou baie help. Daar sal natuurlik die enkele dis wees wat bederf word deurdat ponde verkeerdelik in gramme omgesit is, of hier en daar 'n smaak wat effens skerp of soet is, maar ons is vol vertroue in die vermoë van die huisvrou om hierdie klein tragedietjies te bowe te kom.

En om vir sulke ongelukke te ver-goed is daar verskeie voordele vir die huisvrou in die oorskakeling na die metriese stelsel. Daar is ook 'n paar dinge wat sy, of enigiemand in die gesin wat inkopies doen, behoort te weet.

Vanaf die begin van hierdie jaar is dit verpligtend dat alle voorafverpakte goedere wat sonder voorskrif gekoop kan word, hulle gewig (of massa) in metriese eenhede moet aandui. Dit sal vele sorgsame huisvrouens verbly. Vir jare is dit al 'n bron van kommer dat baie „reusegroottes” geen aanduiding gee van hoeveel hulle bevat nie. Die resultaat is dat 'n mens nooit weet wanneer jy 'n winskopie het of nie, ook nie wanneer jy die beste waarde vir jou geld kry nie.

In die toekoms sal alles aangedui word en die persoon wat inkopies doen, sal dadelik kan sien of die „reusegroottes” werklik beter waarde vir sy geld is.

Kossoorte wat volgens gewig verkoop word, mag 'n paar probleme veroorsaak maar die koper behoort hulle redelik gou op te los. Die vraag sal nie wees hoeveel om te koop nie, maar wel of die prys verhoog is.

Die groottes van metriese pakke sal in baie gevalle na die naaste ronde syfer in metriese eenhede verander, en ook om in te skakel met verskeie gestandaardiseerde metriese verpakkinge wat nou in gebruik geneem word. As die metriese pak kleiner is as die oue, dan behoort dit minder te kos, en andersom. Die huisvrou sal aan die prysverandering maar moet gewoond raak, dan sal sy nie probleme in verband met gewig ondervind nie. Die owerhede sal ook heelwaarskynlik 'n oog oor die situasie hou.

Hoewel daar in die toekoms resepte gedruk en goedere volgens die nuwe mates verkoop sal moet word, is dit nie nodig dat u al u huidige resepteboeke, skale en maatbande sal weggooi nie. Oorskakelingstabelle (soos dié wat reeds in *Fiat Lux* verskyn het) sal u leidraad wees. Maar as u nuwe gereedskap koop, pas op dat dit metriese eenhede aandui. Dit sal vir u help as die nuwe gereedskap beide die ou imperiale eenhede en die metriese eenhede aandui.

Baie van die ou resepte, gebaseer op koppiemates, sal nog bruikbaar wees, al verander die grootte van die maat-koppie effens — maar pas tog net op dat u nie die oue en die nuwe saam vir 'n resep gebruik nie!

Met die oorskakeling sal verskeie mate wat die alledaagse lewe raak, verander. Byvoorbeeld, tuisklere-

maaksters sal materiaal by die meter koop — 'n meter is effens langer as 'n jaart. En as u 'n hemp koop, sal u moet onthou dat Pa nou nie meer 'n 17-duimboordjie dra nie, maar een van 43cm. Klerevervaardigers mag sake nog eenvoudiger maak deur aan hemde nommers te gee wat nie met die groottes van die boordjies ooreenstem nie. Dit word reeds met seunshemde gedoen.

Metrisering sal die koper ook help wanneer hy of sy skoene koop. Op die oomblik weet mense nie regtig watter nommer skoen hulle dra nie — die nommer varieer van een soort na die ander. Daar is een nommer vir Italiaanse skoene, 'n ander vir 'n Amerikaanse styl en nog 'n ander vir Franse tipes. Daarby is daar nog die gewone nommers.

Noudat die metrisering van skoen-vervaardiging voorgestel word, word samesprekings met vervaardigers in Europa gehou om te sien of daar ooreengekom kan word op 'n algemene stelsel waarvolgens die skoene genummer kan word.

Rokmateriaal, wol, linne en tapyte sal by die meter verkoop word, maar dit behoort nie probleme te veroorsaak nie, mits mense aan die nuwe maatstawe gewoond raak.

Die kilogram sal volop in inkopielyste voorkom. Breuke van die kilo sal heelwaarskynlik deur 'n ronde syfer vervang word, en in die meeste gevalle sal die lb. deur 'n 500-grampak — effens meer as wat ons op die oomblik koop — vervang word. Ons sal cok nie meer vir 'n kwart melk vra nie, maar vir 'n liter.

NEWS FLASHES

To Study Diabetes

A YOUNG DURBAN specialist on diabetes, Dr A. C. Asmal, left for London early last month to do further research on the disease at Guy's Hospital. He was awarded a grant by the hospital.

London-trained, he worked at King Edward VIII Hospital in Durban for 6½ years, initially as registrar and recently as a lecturer at the University of Natal Medical School.

Early last year he was given a British Council scholarship to enable him to study diabetes at Guy's and during this period he became a member of the Royal College of Physicians.

He has now been awarded a research fellowship to enable him to continue his diabetes project at Guy's under the guidance of Professor Butter-

field, a leading authority on the disease.

Just before he left South Africa Dr Asmal married Miss Hafeza Saloojee, daughter of Mr Cassim Saloojee, of Rustenburg, Transvaal, whom he met at King Edward VIII Hospital, where she studied physiotherapy.

An Eye-ful!

EYE TESTS among illiterates, particularly in Africa, will be more speedily and efficiently carried out in future by means of a new sight testing chart, developed and designed by a Vereeniging (Transvaal) doctor. The chart has been in use for two years already, reportedly with outstanding results, and requests for it have been received from various parts of the world. The new chart features easily recognisable objects.

REGISTRASIE VAN GEBOORTES

WEET U dat dit 'n oortreding is indien u nalaat om u kind se geboorte te registreer? Afgesien daarvan kan dit baie probleme vir u sowel as u kind meebring.

WANNEER WORD DIE PROBLEME GEWOONLIK ONDERVIND?

- Wanneer u kind tot die skool toegelaat moet word.
- Wanneer hy of sy die ouderdom van 16 jaar bereik en aansoek om 'n persoonskaart moet doen.
- Wanneer hy of sy die skool verlaat en om 'n betrekking aansoek doen.

U sal tog sekerlik nie wil sien dat u kind se toekoms deur u nalatigheid benadeel word nie. Indien u dus u kind ongerief wil spaar, sorg dan dat sy of haar geboorte binne die voorgeskrewe tydperk geregistreer word.

WAT IS DIE VOORGESKREWE TYDPERK?

In stedelike gebiede moet geboortes binne SEWE dae aangegee word terwyl dit in ander gebiede binne DERTIG dae gedoen moet word.

WAAR MOET DIE GEBOORTES GEREGISTREER WORD?

- By die kantore van die Departement van Binne-landse Sake of by enige landdroskantoor.
- Indiërs in Natal moet egter die geboortes van hulle kinders by die kantore van die Departement van Indiërsake aangee. In distrikte waar die Departement nie kantore het nie moet die geboorte by die naaste landdroskantoor aangegee word.

REGISTRATION OF BIRTHS

DO YOU KNOW that it is an offence not to register the birth of your child? Apart from this it creates many difficulties for yourself and your child.

WHEN DO THESE DIFFICULTIES ARISE?

- When he or she has to be enrolled at school.
- When your child requires an identity card at the age of sixteen.
- When he or she leaves school and seeks employment.

Surely you would not wish to jeopardise your child's future through your omission to register his or her birth! If you want to save your child much trouble you must ensure that his or her birth is registered within the prescribed period.

WHAT IS THE PRESCRIBED PERIOD?

In urban areas births must be registered within SEVEN days after the date of birth. In rural areas, however, they must be registered within THIRTY days.

WHERE MUST THE BIRTHS BE REGISTERED?

- At offices of the Department of the Interior or at any Magistrate's office.
- Indians in Natal, however, must register the births of their children at the offices of the Department of Indian Affairs. In districts where such offices have not yet been established, the birth must be registered at the nearest Magistrate's office.

Swimming Season Draws To A Close

NATAL SWIMMERS ended the summer season with a flourish last month at the Natal Swimming Championships in Pietermaritzburg — where five South African records were broken; and in Durban the Durban Indian Lifesaving Club carried on with its popular “learn to swim” campaign, where the public received free instruction in swimming and lifesaving techniques.

The swimming championships were staged by the Natal Amateur Swimming Union and swimmers from three units — Pietermaritzburg, Durban and Tongaat — took part. In all, there were about 60 competitors, and an estimated 300 spectators attended the gala, which was blessed with good weather.

Durban overwhelmed Pietermaritzburg (which took second place) and Tongaat. This was to be expected as at the last inter-provincial competition 18 Durban swimmers represented Natal, and only two from Pietermaritzburg. The two, Morgan Pillay and Rajendra Naidoo, both did well in the Natal Championships.

The records that went by the board were the senior women's breast-stroke (J. Meth, Durban — 3-min. 30.2-sec.); boys' 16 and under 100 metres breast-stroke (C. Meth, Durban — 1-min. 30-sec.); the junior men's 100 metres back-stroke (T. Naicker, Durban — 1-min. 23-sec.); the senior men's 800 metres free-style (C. Meth, Durban — 12-min. 7.2-sec.) and the senior women's 100 metres back-stroke (R. Pillay, Durban — 1-min. 33.1-sec.).

At the gala, Mr Vassie Nair, president of the Union, urged the swimmers to strive to even greater success, and he urged parents to encourage their children to swim.

In Durban, the South African Indian Surf Lifesaving Association has been giving free coaching and lifesaving lessons at the Balkumar Singh Swimming Pool once a week.

Mr B. B. Singh, president of the Association, and after whom the pool is named, said that he and his committee were very pleased with the response, and stressed the need for learning to swim. Many lives were lost each year through people not knowing how to stay afloat.

Mr Singh mentioned that Indian surf life-savers had rescued 16 people during the Christmas holiday period.

Mr Singh told *Fiat Lux* that the

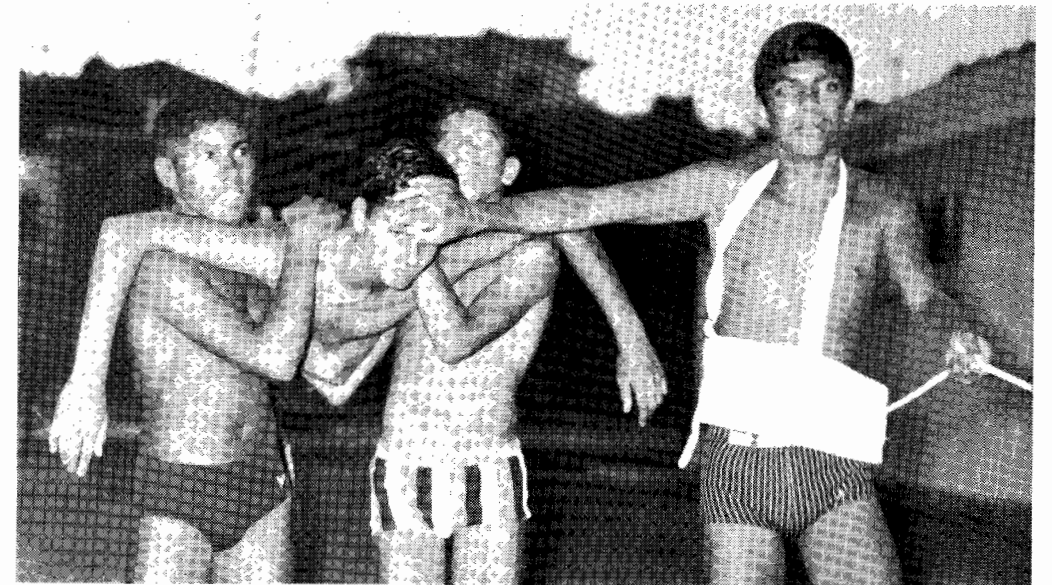
Association was giving free coaching to 24 swimmers who were going to attempt the examination for the Royal Lifesaving Society's Bronze Medallion, and also to 12 others who were training for the Surf Proficiency Award, an internationally recognised life-saving award.

“However, we will probably only be able to continue the course if further funds become available,” Mr Singh added. The cost of hiring the pool from 6 to 9 p.m. is R6.



Miss S. Singh, a Natal swimmer, is seen coaching a group of young girls who have taken advantage of the free swimming lessons.

Learn How To Save A Life!



A group practises carrying a patient for their Surf Proficiency Award. The “patient's” head is held up to aid his breathing.



A class is seen training for the Bronze Lifesaving Medallion, the examination for which will be written sometime in April. The pupils are learning how to break the grip of a drowning person.

Mr Param Naidoo is seen teaching a class the correct method of cardiac massage and mouth-to-mouth resuscitation. The pupils are studying for the Surf Proficiency Award.



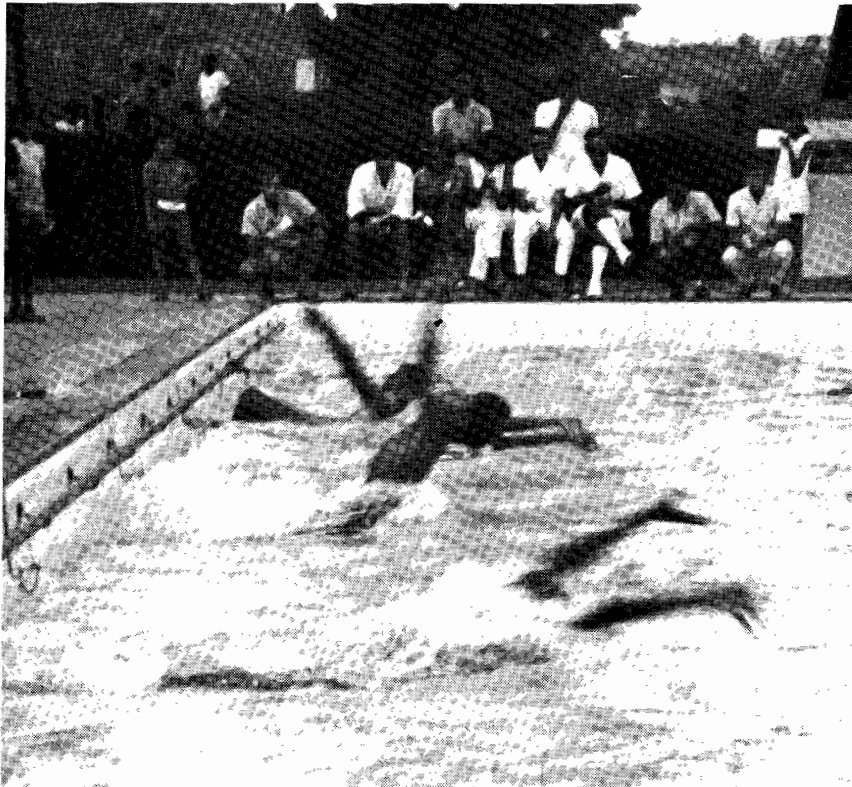
Yards ahead of the next competitor, Colin Meth, of Durban, strains for the finishing line in the 100 metres butterfly event.

Here is some light-hearted encouragement from physical education teacher, Mr R.

Moodley, to all those who cannot swim — especially the mums!



A blur of speed at the start of a race.



Determination!

What is this life – I sit alone
And dream of those I've left at home.
I watch the others in the sea,
They are so happy – Oh! woe is me,
If only I could swim.

I have to stay, the sun's so hot,
Watching clothes, that's my lot;
Caretaker to all, it's not much fun,
Although I'm sitting in the sun.
Oh, I wish that I could swim.

We're homeward bound, I'm glad to
say,

To washing up, but I'll lay
A bet that by next year
I shan't sit lonely on the pier.
I'm going to learn to swim.

Here at the baths I feel a fool –
I wish I'd learned to swim at school.
Swim suit donned, no figure now.
But what the heck! I must know how
To dive and float and swim.

My teacher on the side stands there,
And strange to say, does not despair;
But uses patience, guidance, trust,
For what she says, do I must
If I'm to learn to swim.

Oh joy of joys, you'll not believe,
At last I've managed to achieve
To swim today. It's not so bad,
I really am so very glad
That I tried to swim.

Now I can swim a distance fair.
I dive and jump, I do not care
If water goes upon my face.
And I have found it's no disgrace
For mums to learn to swim.

We're coastward bound again this year,
A shock awaits my kin, I fear,
For I'll go swimming in the sea.
Guarding clothes is not for me,
For now I can swim.

And so to you mums everywhere
I plead with you – do not despair,
Make up your minds – have a go;
A little effort and you'll soon know
That you, too, can swim.

— R. MOODLEY.