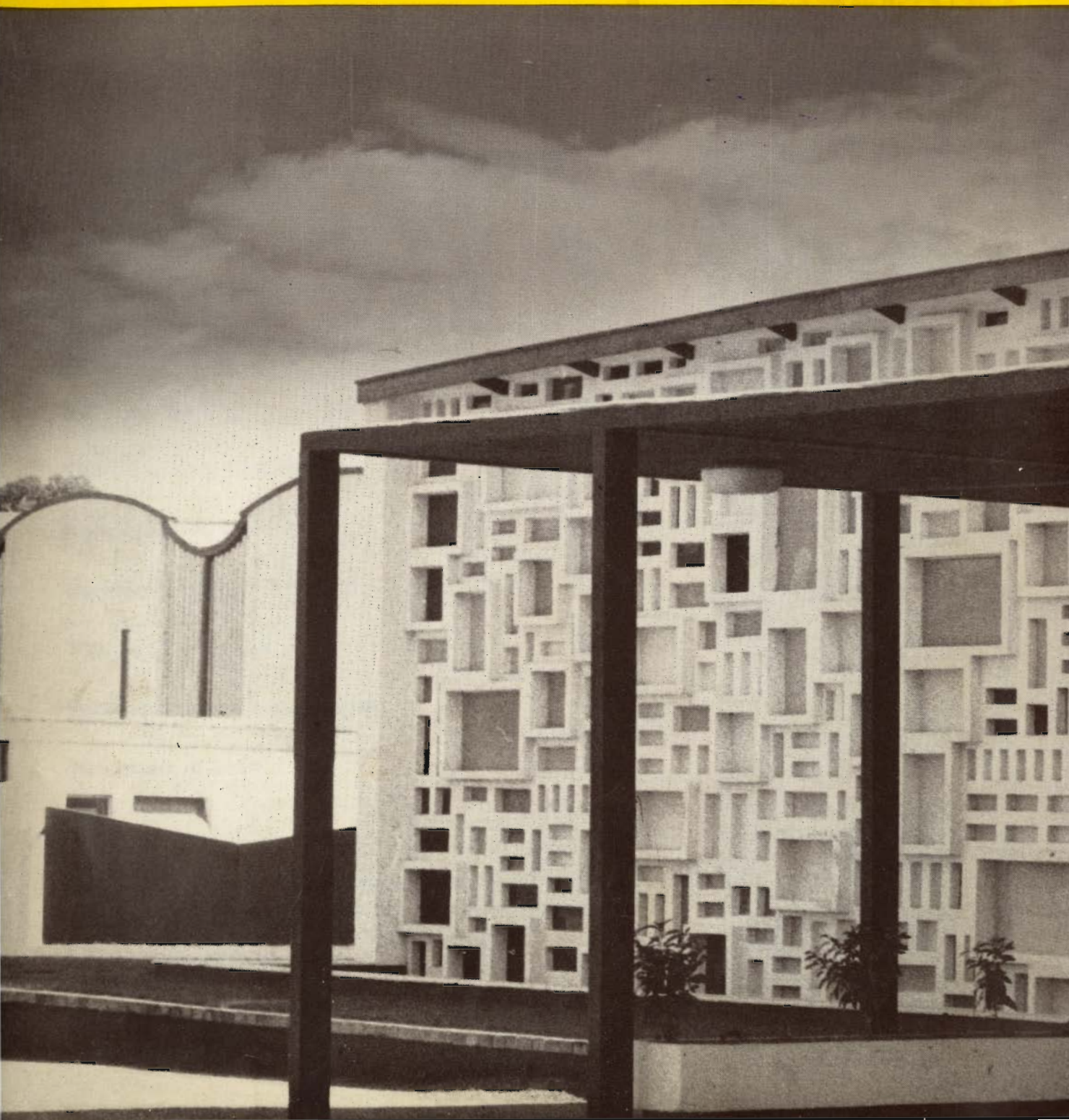


VOLUME 4 No. 4
MAY 1969 MEI

FIAT LUX



FIAT LUX

"Let there be light"

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Cover: Prilla Mills in Pietermaritzburg, one of the Indian-owned undertakings that has obtained financial aid from the Industrial Development Corporation.
(See page 105)

VOL. 4 NUMBER 4
MAY 1969 MEI

A MONTHLY JOURNAL
PUBLISHED ON BEHALF OF
THE DEPARTMENT OF INDIAN
AFFAIRS

'N MAANDBLAD NAMENS
DIE DEPARTEMENT VAN
INDIËRSAKE UITGEGEE

All correspondence and requests
for this journal should be directed
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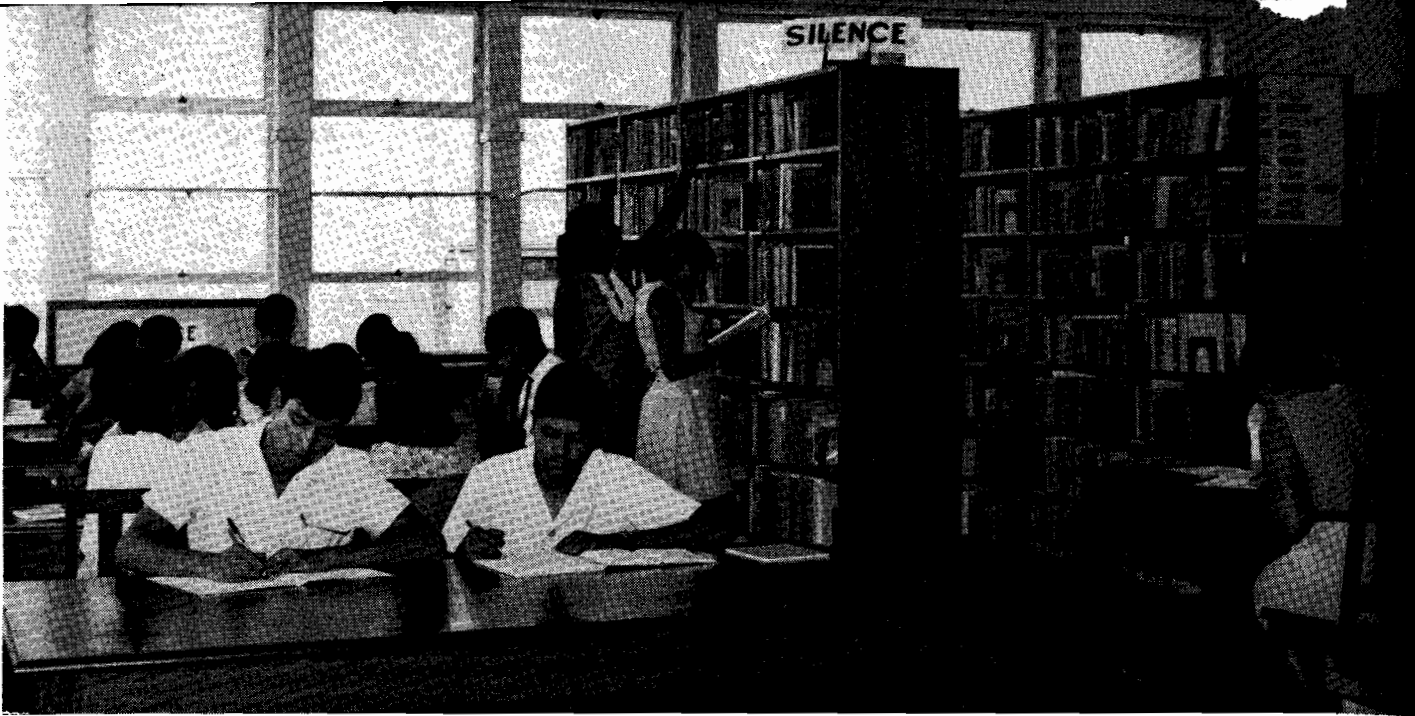
THE EDITOR
FIAT LUX
PRIVATE BAG 4323
DURBAN.

Alle briefwisseling en versoeke vir
hierdie blad moet gerig word aan:

DIE REDAKTEUR
FIAT LUX
PRIVAATSAK 4323
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A section of the Springfield Teachers' Training College Library.

Educational books by post

The Springfield Teachers' Training College Library

"OUR LIBRARY SERVES both the students of this college as well as all Indian teachers in Natal," Miss M. A. van Reenen, the librarian in charge of Springfield Teachers' Training College Library, Durban, told *Fiat Lux* recently.

"Many teachers, especially those in small schools, do not have local libraries to consult and this can make private study and preparation of lessons difficult."

Teachers who live in Durban and the vicinity are able to collect books personally from the College, but a great many are too far away to visit Springfield and so a very effective

postal system of lending books has been adopted.

With 15,000 books on its shelves, Springfield College has the only educational postal library exclusively for Indian teachers in Natal. Each year Government and other grants add to the already tightly packed shelves; and thousands more books are available through an exchange system linking all public libraries throughout the country.

"This system requires organisation and plenty of work to keep running efficiently," says Mrs M Moodley, the librarian, whose chief task is to

manage this system, "but I find the work fascinating."

Mrs Moodley is well qualified to understand the needs of teachers regarding books; she taught for ten years herself before becoming a librarian. She is also well aware of the problems facing teachers in the preparation of lessons.

Mrs Moodley had her initial training at the Springfield College and later gained a certificate in school librarianship through the University of South Africa.

"My teaching experience is a great help in advising students properly. It

One of the first-year students at the Springfield Teachers' Training College uses the reference facilities at the library to find a solution to an English language problem.

also helps me in selecting books for teachers who apply for material covering a particular field, rather than specific books," she added.

A teacher may write and ask for books to help him in his work on a project, giving its title, for example, "The Tragedy in Shakespeare".

The librarians then sort out appropriate books which are available and immediately post these to the teacher. They will also inform him of books which they have but which are at that time out on loan, and if requested, they will reserve these for him.

Requesting books by title and author makes things easier for the librarians, but some indication of the purpose of the information is advisable to ensure at least *some* information from alternative sources if specified books are not available.

Usually a member may keep a book for two weeks. However, if there is great demand for a particular book the librarians request that it be returned sooner. On the other hand, if no one else asks for the book it may, on request, be kept longer.

Many teachers have found this service invaluable in their studies. Any Indian teacher in Natal has simply to apply to the library for membership and will automatically be accepted, provided the letter of application is stamped and signed by the principal of the school where he teaches.

This is to ensure that only teachers make use of the postal system. If anyone was allowed to join, the system would become too extensive to cope with effectively.

Twice a year a list of new books in the library is sent to each school in Natal, and teachers thus have a fairly good idea of the books available. Should the library not have a certain book it is possible for the librarians to obtain it through the inter-library loan system.



All public libraries in South Africa are linked through this organisation and make books available to each other.

A form containing the necessary details is sent from Springfield Library to the State Library in Pretoria, which in turn sends it to the library nearest Durban which has the required book.

A book borrowed through the inter-library system may take 2-3 weeks

to arrive so members should make their applications in plenty of time.

Postal book borrowing has been put to fairly good use since its innovation and the last year has shown a substantial increase in members.

"This is probably because of the in-service correspondence course for teachers started at the beginning of last year by the College," explained Miss Van Reenen.

There are many teachers not suitably qualified in various posts throughout Indian schools in Natal. This three-year course, which will give the successful candidate a teaching diploma, enables teachers to qualify without relinquishing their present posts.

Each department at the College organises its course of lectures and assignments which are sent out to the teachers. It is particularly for these assignments that teachers are using the postal system. Expensive books

that are required only for a short period are easily obtained in this way.

"Although we have all the books necessary for the various subjects studied in the correspondence course I must stress that teachers should not rely on the library for set-work books," stated Miss Van Reenen.

"These books are required for consultation by teachers doing the course throughout the year and it is impossible for the library to keep sufficient copies to satisfy such a demand."

This also applies to the increasing number of teachers who are studying through the University of South Africa. Springfield library keeps all the books set by the University but these are only for incidental use.

Students who wish to use books for long periods should try to buy their own, advised Miss Van Reenen, otherwise their studies would be delayed unnecessarily.

Last year the Springfield library remained open throughout the July vacation and many teachers availed themselves of this opportunity to work there. This good response encouraged the librarians and the library will again be kept open this July.

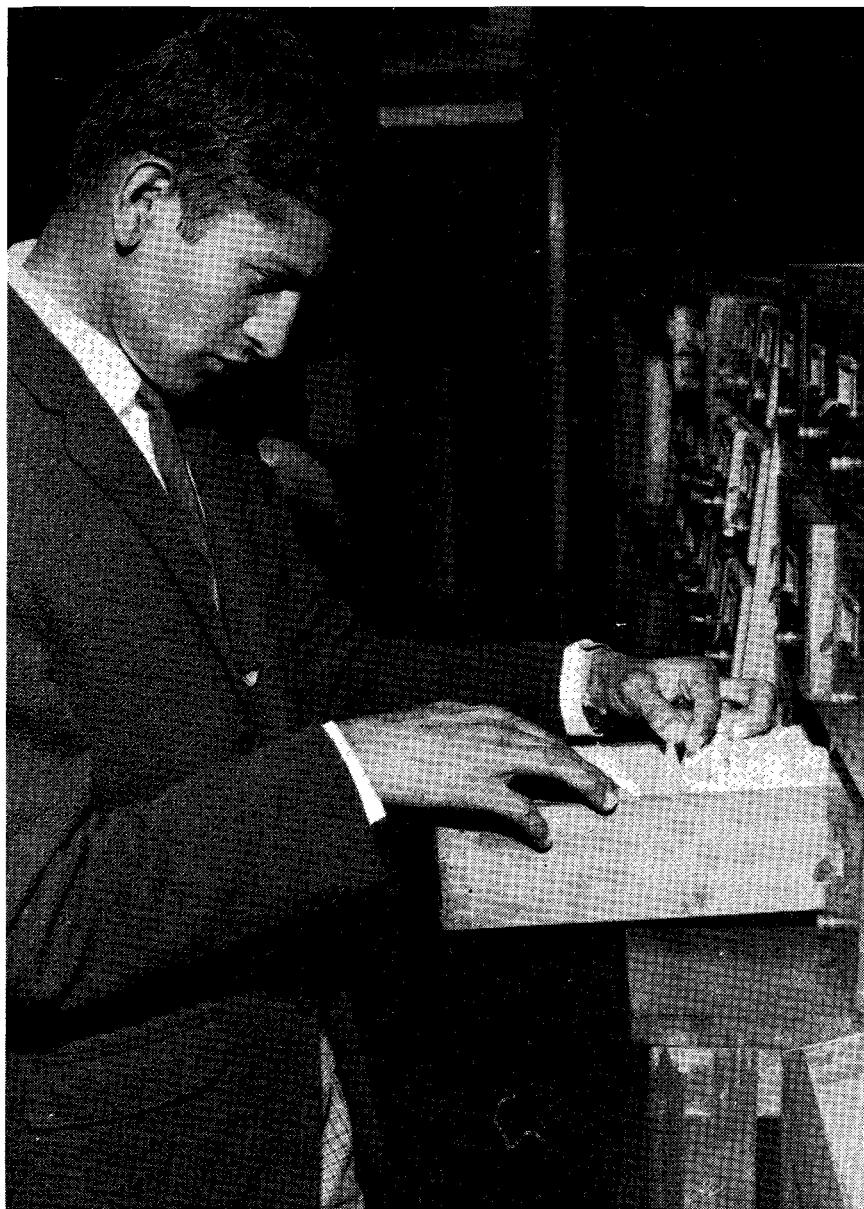
Another attempt to help teachers has been the extension of library hours to 4.30 p.m. on Monday, Wednesday and Thursday afternoons. The library always used to close at about 3.30 p.m., when College lectures finished.

The additional hours now make it possible for teachers in the Durban area to work there at the close of their teaching day.

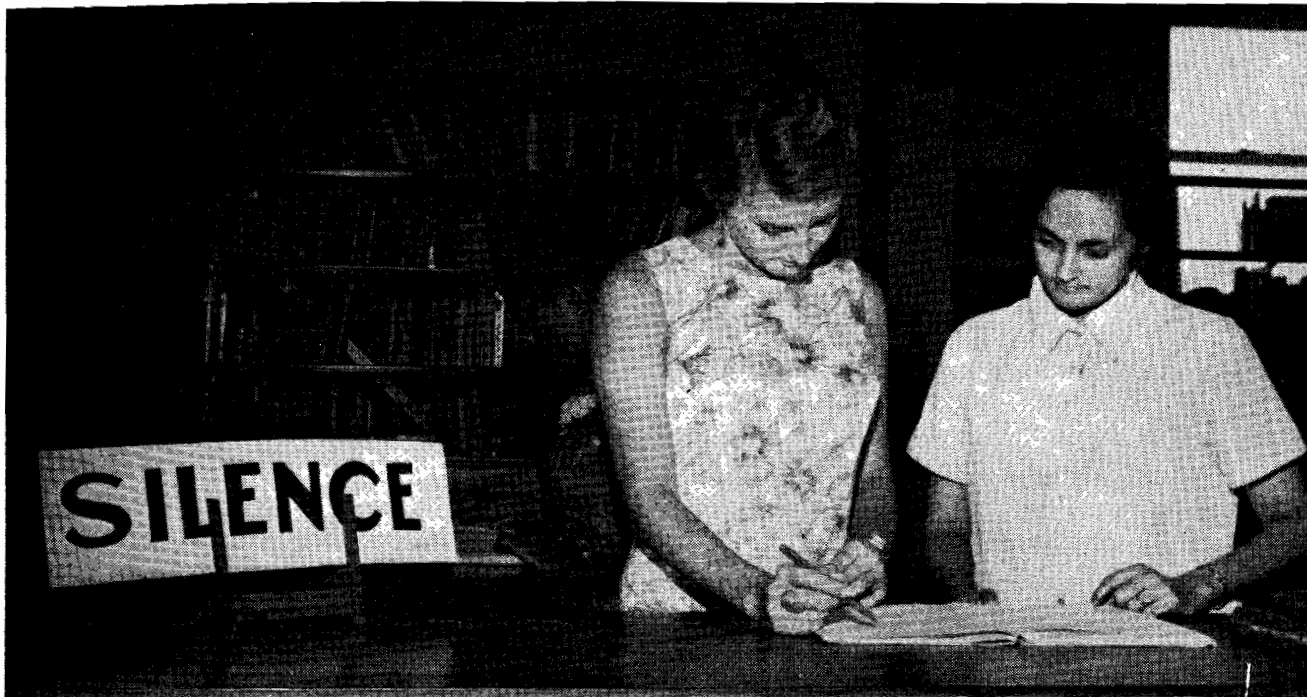
An advantage to many teachers is that they studied at Springfield Training College and are consequently familiar with its library and the books available. The present students make fairly good use of the library facilities though it is thought that when the new library, which is to be built in the near future, is completed, greater accessibility to books will enable students to make better use of them.

As in all libraries reference books may not be removed from the Springfield library. The new modern library will be much bigger and many more students will be able to consult reference works at the same time.

The new library will also provide a much larger space for the teaching-aid library. At present the small room allotted for this purpose is packed almost to overflowing with charts,



A student wants some information about Geography. From the subject catalogue he looks up a few book titles which might give him the necessary information.



diagrams, pictures and various other teaching aids which students may need. Students make extensive use of this section of the library when they do their "practice" teaching in the schools.

Miss K. Moodley, who started work in the library at the beginning of this year, spends most of her time sorting out aids that the students have requested, distributing and collecting them and replacing them in the right place on their return.

The teaching aids have a separate catalogue. Each picture is numbered and marked into a general category, which is then classified alphabetically. A precise system such as this is necessary to make the best possible use of the available teaching aids.

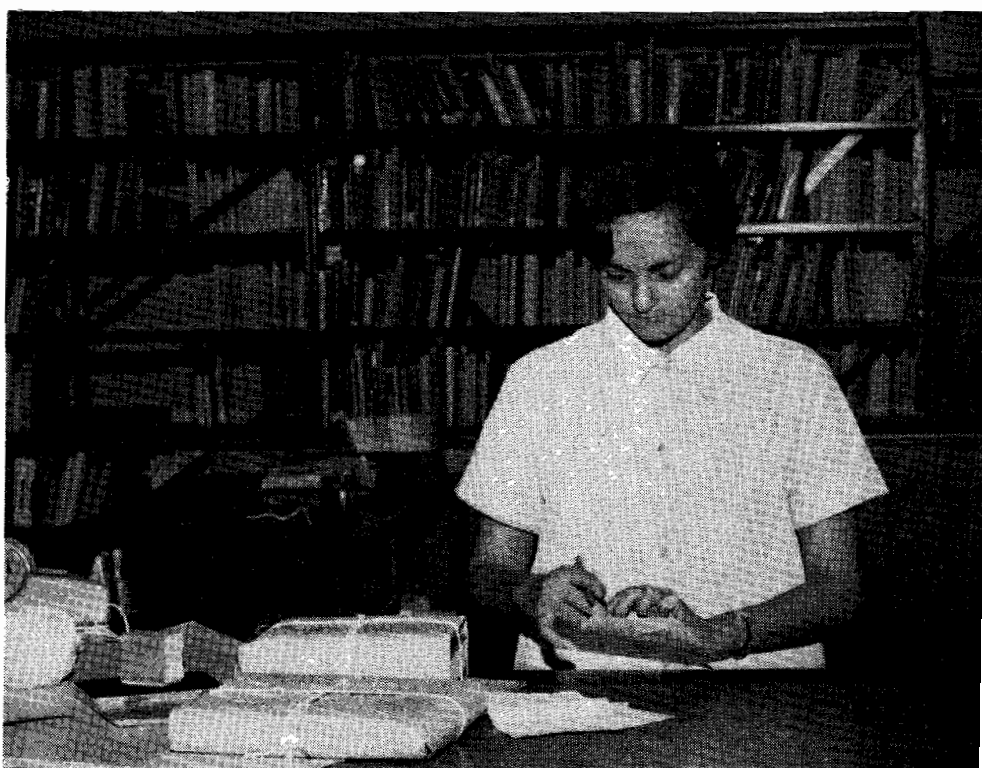
Also to be incorporated in the new library is a special room for book repairs. All repair work is done by three librarians, while re-binding is sent out to local firms.

Although they already have a great deal of work the librarians enjoy it and don't mind the thought of more.

"We hope that after reading about our library service many more teachers will take advantage of it," were Mrs Moodley's parting words.

Above : Miss M. A. van Reenen (left) discusses the daily postal loan statistics with Mrs Moodley. A record is kept of all books borrowed to give an idea of how extensively the library is used.

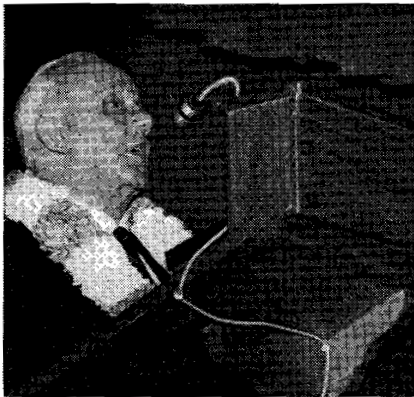
Below : Mrs M. Moodley, who is in charge of the postal system, parcels books to send to a teacher in Clifffdale.





The large crowd stands as the academic procession enters the hall and moves towards the stage.

M. L. Sultan Technical College Graduation Ceremony



Dr H. L. Haslegrave presents the main address at the diploma ceremony.

AT AN impressive ceremony held on March 29, 133 students from the six divisions of the M.L. Sultan Technical College, Durban, were awarded diplomas. A large crowd of parents, relations and interested persons filled the hall for the occasion.

The students were presented by their respective divisional heads to the president of the College Council, Mr R. C. Woodville, and the College Rector, Mr A. Pittendrigh, who conferred the diplomas.

The presentation of the diplomas was preceded by a colourful academic procession led by Mr. Woodville.

GUEST SPEAKER

Dr H. L. Haslegrave, former Vice-Chancellor of the Loughborough University of Technology, England, who attended the annual conference of the Association of Technical Colleges in South Africa, delivered the main address. Before being asked to do so, however, he was garlanded by Mr H. H. Dhupelia, a member of the College Council.

The first part of Dr Haslegrave's address was directed mainly to the students. He reminded them of the fact that days and years that were lost could never be picked up again.

TIME IS PRECIOUS

"You only realize many years later that time has been wasted and that you could have made better use of it. Remember that your days pass too quickly and try to make good use of them," he urged students.

DEVELOP ABILITIES

Each person, he said, had certain abilities.

"I believe that you can learn almost anything if you set about it," he said, "and it was left to the individual to choose whether he developed them for the benefit of the community or for himself."

Speaking on a wider theme, Dr Haslegrave said that he was agreeably surprised by what he had seen here, and that people overseas should come and see for themselves what conditions were like and how South Africans lived, before coming to conclusions.

AWARDS

Below is a list of diplomas awarded at the ceremony and the divisions from which the students graduated:

Three students from the Catering division received Practical Hotel Services Certificates; 38 students received Secretarial Certificates (office assistants) from the Division of Commerce. The Division of Home Economics produced the following graduates: 5 nursery school assistants, 6 hairdressing and beauty culture graduates, 14 advanced dressmakers, 7 diplomas for intermediate pattern making and grading for men's outer wear, and 14 students for women's wear. There were also 7 nurses who completed National Diplomas in Public Health Nursing.

The Division of Technology presented 6 chemical technicians, 9 medical technologists (intermediate) and 8 health inspectors, while the Division of Physical Education, Health and Recreation presented 17 specialist physical education teachers. Two candidates in the Teacher Training Division were awarded the National Commercial Teachers' Diploma. This diploma and the diploma in Public Health Nursing were awarded for the first time this year.



Mr Umar Singh was loudly applauded when presented with the "Jim Liston Memorial Award" by Mr R. C. Woodville.



Mrs C. Baboo receives a diploma in Public Health Nursing.



Miss S. Chitran is presented with a diploma in Secretarial Practice and Management by the College Rector, Mr A. Pittendrigh.

EMPLOYMENT

The College does much to ensure that each year as many graduates as possible are employed immediately. This year they are particularly satisfied with their results. All students who attained either the Commercial Teachers' Diploma or the Physical Education Diploma have been absorbed by the Department of Indian Affairs and placed in schools.

Students graduating from the Division of Commerce who wanted employment were quickly snapped up, while a number continue their studies at the College.

Hairdressers and beauty culture graduates easily found suitable positions and a couple even started their own salons.



Dr Haslegrave (right) seen with the Deputy-Mayor of Durban, Mr Goldman, and the College Rector, Mr Pittendrigh.



Miss R. Naidoo, the only girl to attain a diploma in physical education this year, proudly shows her certificate to her mother.



Seen admiring Miss R. Maharaj's diploma in Secretarial Practice and Management are (from left to right), her brother, Mr A. Maharaj, Miss Budree, (Miss Maharaj) and her father, Mr S. S. Maharaj.

IN-SERVICE

Students doing the course in pattern-making and grading were in service at the time of studying. Managers of various firms sent employees to the College to gain experience and knowledge.

A number of students take courses at the College as hobbies and do not desire employment. The dressmakers, particularly, fall into this category, many graduates being housewives.

EXCELLED

Among the students who received diplomas was Mr Umar Singh, who is employed by the Durban Municipality. He received the National Diploma for Health Inspectors and was awarded the "Jimmy Liston Memorial Award" for his outstanding academic record during 1968. A special medal as well as the R25 award was presented to him at the ceremony.

Aid from the Industrial Development Corporation

THERE ARE MANY Indian businessmen and industrialists who would like to expand, set up new undertakings or improve existing operations. They cannot always raise the money to do this. Credit and loans are not always easily obtainable, and when available, are often at high interest rates. Expansion of the economy is very much in the Government's interest, and so to help finance promising undertakings, the Industrial Development Corporation was established. As the man in the street is not generally aware of what the IDC sets out to accomplish, in the following article its aims and functions are described.

THE IDC WAS ESTABLISHED in 1940 in terms of Act No. 22 of that year and its objects were set out as follows: "to facilitate, promote, guide and assist in the financing of:

- (i) New industries and industrial undertakings; and
- (ii) Schemes for the expansion, better organisation and modernisation of and the more efficient carrying out of operations in existing industries and industrial undertakings;

to the end that the economic requirements of the Republic may be met and industrial developments within the Republic may be planned, expedited and conducted on sound business principles."

According to Section 3(a) of the Act, the Corporation has the power to establish and conduct any industrial undertaking with the approval of the State President. Giant undertakings such as Sasol (the oil-from-coal plant) and Foskor were established like this.

ECONOMIC MERITS ONLY

The Act provides that the Corporation shall examine every application

strictly on its economic merits, irrespective of all other considerations. This means that the Corporation must see whether the industry concerned has a good enough profit potential to justify making funds available to it. All applications for aid are considered regardless of the amount of money involved, provided the applicant can show that his proposals are based on sound commercial principles and have economic merit. Because its activities are aimed at *development* the Corporation does not, however, supply replacement finance, nor does it provide money to buy shares in an existing activity.

DOES NOT HELP MANAGE

The Act also provides that the IDC shall not be required to provide an unduly large proportion of the capital necessary to establish or develop an industry. Applicants therefore have to make substantial contributions themselves and not rely exclusively on IDC funds. The Corporation therefore usually arranges its financing of projects so that it does not gain control of or have to help manage companies in which it invests.

UNDERWRITES

There are, of course, exceptions to the rule that cannot be avoided, and so the IDC often uses the method of underwriting the financing of a new or expanding industry, so that most of the money is invested by other institutions, leaving the Corporation with only a minority interest.

PAST RESULTS

There are no standard application forms for those who want assistance from the IDC, but all proposals have to be in writing and must give all the relevant information about the proposal, including financial results of the past. On the basis of this information, the Corporation's staff carries out an investigation. Among other things it evaluates the factors that have contributed to the financial results shown by the applicant in the past, as well as all other factors which will be of critical importance in the future.

DISCUSSION DESIRABLE

Discussions with the Corporation's staff before a formal written application is submitted are desirable to ensure that the application is prepared correctly according to the Corporation's requirements.

All applications are submitted to the IDC Board for consideration and when the broad basis of the Corporation's assistance has been settled, a formal agreement is entered into. The agreement regulates the relationship between the IDC and the applicant, determines the rights and duties of the parties concerned and lays down the formalities that have to be completed before money is paid out.

RESOURCES

The Corporation was established with an authorised share capital of R10-million. At present there is a lot more money behind it — the authorised share capital is R210-million, of which R203,550,000 has been issued to date to the Government, which supplied these funds against the issue of the same number of ordinary shares of R1 each. Including special projects, the Corporation has provided an aggregate amount of R689-million during the 28 years of its existence to June 30 last year, in terms of financial assistance to 945 companies. At the end of the last financial year the Corporation's participation in all forms of financing amounted to R271-million.

RE-INVESTMENT

In carrying out its function as a Development Corporation, the IDC makes provision for funds to be repaid in such a manner that they can be used for further development financing. It is also the Corporation's

policy to create opportunities for the public to share in the IDC's participation in companies. Since 1960 the Corporation has made available shares in the following companies, directly and indirectly, to the public:

Safmarine,
Central Accepting Bank for Industry,
Felt and Textiles Limited,
Gubb & Inngs,
Sentrachem,
Palabora Mining Company,
Industrial Selections, and
National Selections.

The two last-mentioned companies are investment companies in which shares in private companies have also been taken up, giving the public the opportunity of investing in these companies as well.

RATIONALISATION

The Corporation has given particular attention to the possibility of rationalisation in certain sectors of the manufacturing industry, to not

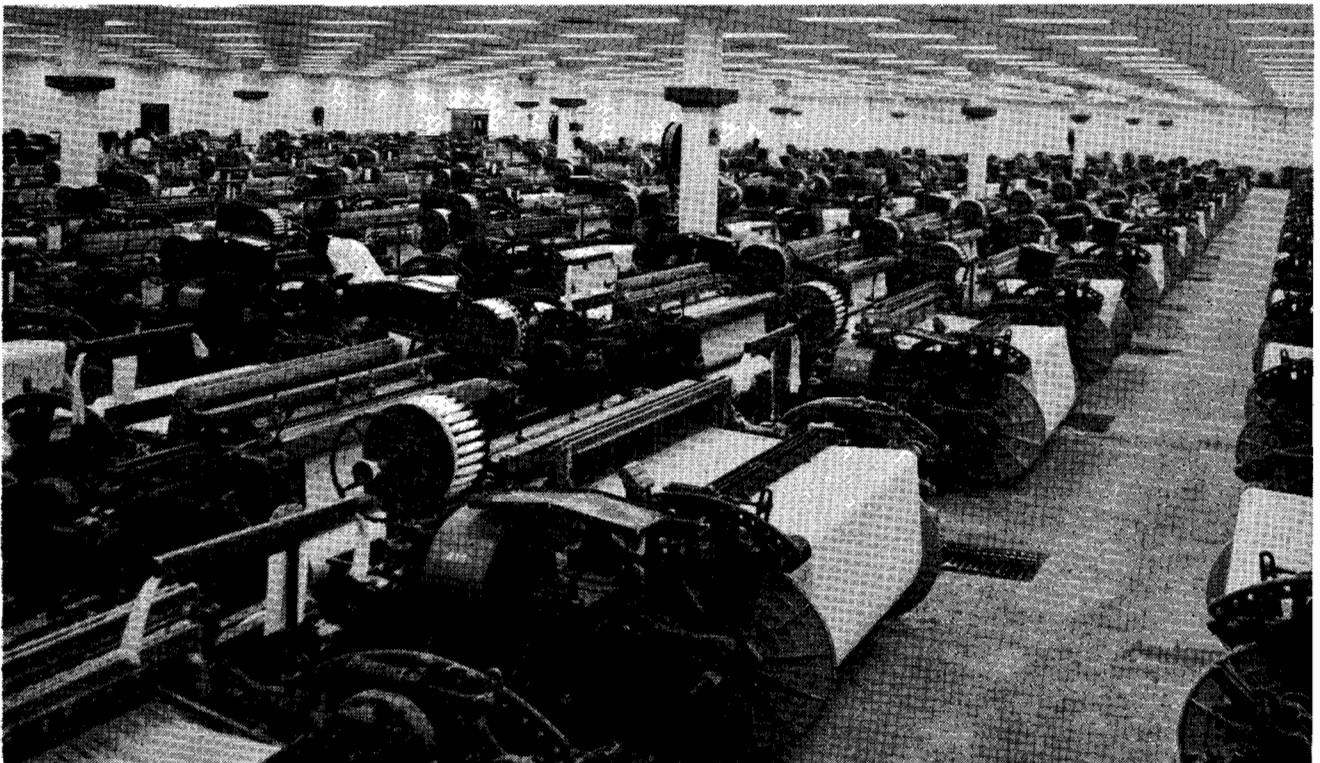
only enable assets and resources to be put to better use, but in some cases also in execution of its object of obtaining capital control of some of the important industries in the Republic.

HOW APPLIED

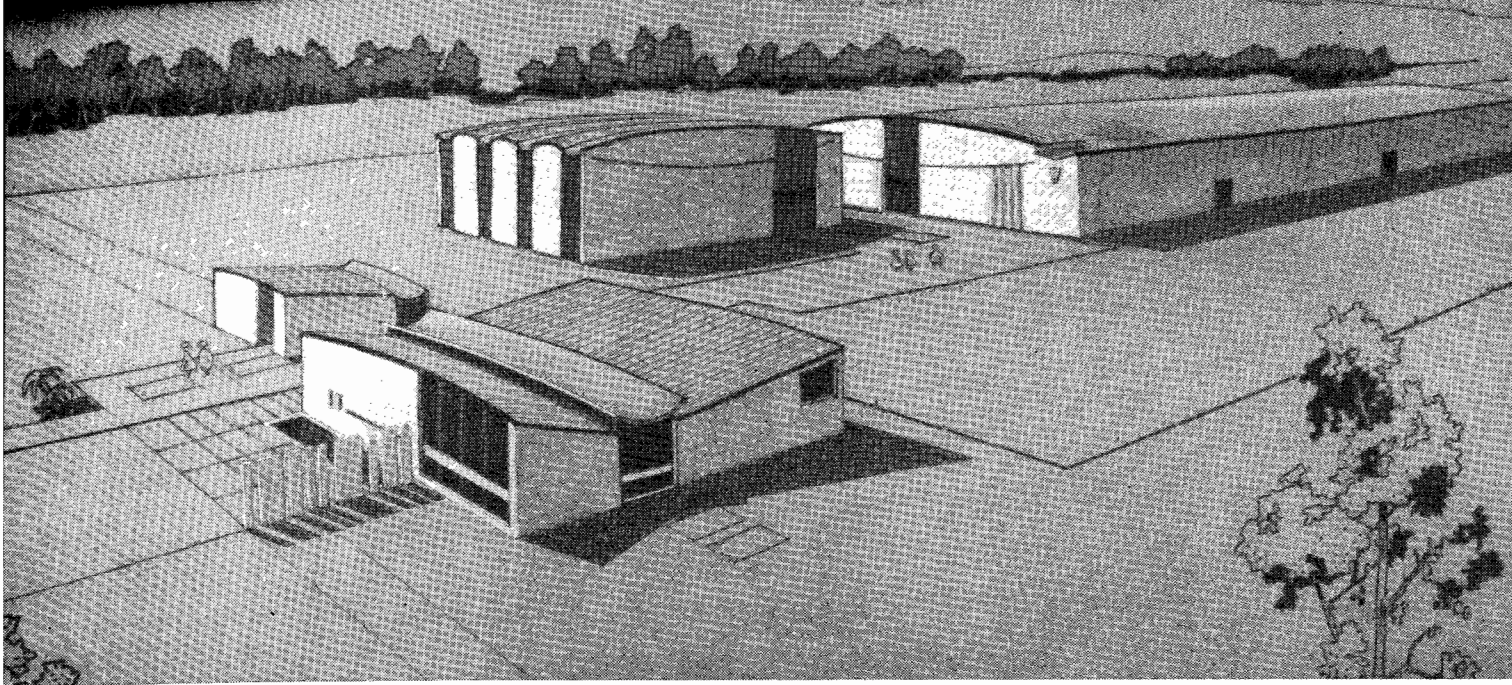
The Corporation's funds are broadly applied for financing as follows:

- (a) Special projects on instruction of or as agent of the State;
- (b) Major projects where private initiative is unable or unwilling to undertake them; and
- (c) Normal establishment or expansion of business or industrial undertakings in accordance with the applications received.

The special projects include ones like Sasol and Foskor, the South Atlantic Cable Company, S.W.A. Water and Electricity Corporation, and financing of border area development schemes, as well as others such as the Sapekoe Tea Plantations.



A panoramic view of the weaving shed at the David Whitehead textile mill at Tongaat, on the Natal North Coast. The looms are used for weaving a variety of fabrics for the garment trade. The David Whitehead factory was established with aid from the Industrial Development Corporation.



An architect's sketch of Prilla Mills, near Pietermaritzburg, one of the Indian-owned undertakings assisted by the Industrial Development Corporation. Further expansion is also being planned.

MAJOR PROJECTS

Examples of major projects which the IDC took the initiative in establishing include the Synthetic Rubber Company, Saiccor, Masonite, Phillips Carbon Black for Industry and the National Discount House.

These are large undertakings, but the IDC also considers applications from and invests in much smaller undertakings of many kinds. Among those it has assisted to establish, or assisted financially, are the following industries:

Canning, cheese, condensed milk and sweet factories, production of cardboard, wood and fibre containers, shoes, concrete pipes, agricultural chemicals, agricultural implements, canvas goods, crockery, plastics, paint, clothing, stockings and socks, printers' ink, the manufacture of foundry products, cranes, electric motors, ships, newspapers, fertilisers and motor components.

LONG LIST

As can be seen, the list is long and varied, and mentions only some of the undertakings the IDC has helped. The list grows longer all the time.

There is a special section of the Corporation, the Small Industries

Division, which handles all applications for amounts below R50,000, received from independent industrial undertakings whose total assets at the date of application do not exceed R250,000. Since this division was established, in November, 1962, it has given financial assistance amounting to more than R2,335,000 to 111 small industrialists.

A number of Indian-owned undertakings have already taken advantage of the financial assistance offered by the IDC. Those as yet uninformed about the Corporation might do well to contact the IDC and find out whether they can benefit from the Corporation's assistance.

MINISTER'S SPEECH

In 1966, when the first border industry for Indians, the David Whitehead textile mill at Tongaat, Natal, was established with the help of the IDC, the then Minister of Indian Affairs, Senator A. E. Trollip, pointed to the important role financial assistance from the Corporation could play.

Stressing also the Government benefits available to those who established industries in the border areas, the Minister said: "I want to urge Indian entrepreneurs to make full use of the opportunity which is being

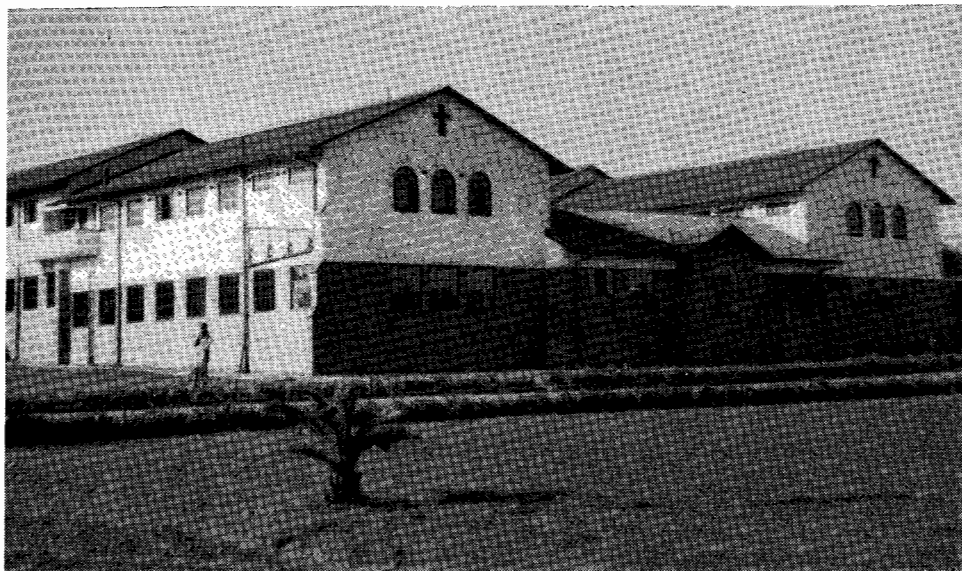
afforded them to secure for themselves a share in the economic development of the country.

"By doing so they will not only be benefiting themselves but they will also be helping their less privileged compatriots."

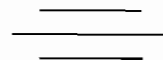
NOT ONLY THE WEALTHY

Mentioning examples of other Indian concerns making use of the IDC, the Minister added: "A point I should like to make is that it is not only the wealthy who can make use of this scheme. The small business men can also do so by co-operating and pooling their resources, each contributing a specific amount towards the necessary capital requirements.

"The Government has made it clear that in its view the living standards of the Indian people can best be raised and their general welfare improved by greater participation on their part in industrial development. I want to appeal, therefore, to all Indians who have the necessary means, to give serious consideration to the possibility of investing their money in some or other industrial undertaking, for which there is a definite need in this country, and which will offer employment to Indians in areas where they are settled."



*The Indian School of Industries
at Newcastle, Natal.*



Industrial School for Indian Youths

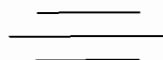
THE DEPARTMENT of Indian Affairs has reached a further milestone by establishing the first School of Industries catering exclusively for Indian youths.

This institution is situated in Newcastle, Natal, and was opened on the 1st April, 1969. A complex of buildings – the ex-St. Bruno Convent in Newcastle, situated on 50 acres of land in picturesque surroundings, was acquired for this purpose.

A full complement of fully qualified personnel has been appointed and the first 30 Indian youths have already been admitted. Training in trades of a varied nature is offered.

The School of Industries at Newcastle has been established in terms of the Children's Act, 1960, for the reception, care, education and training of Indian youths sent there by order of a children's court or transferred there by order of the Minister.

Being an educational centre, the institution resorts under the Education Division of the Department of Indian Affairs, but is also closely linked with the professional welfare services of the Department and as such the South African Indian youth is afforded a further opportunity of training and advancement.



*A group of boys take time off for
an impromptu game of soccer.*





Sportsfield in the making

— a lesson in self-help

NOWADAYS "do-it-yourself" takes many forms ; the accompanying pictures show pupils of the Coedmore State Primary School in Chatsworth, Durban, planting grass on a new playing field.

A portion of the school grounds was recently levelled to provide a sports field, and the pupils volunteered to undertake the turfing — and in their own time as well !

Under the guidance of the principal, Mr T. Palaniyandi, and the supervision of the teachers, the pupils got stuck in with enthusiasm and made short work of the task.

Subsequent rains have caused the grass to sprout and the school will soon have a playing field to be proud of, largely through its own initiative and enterprise.

Above : With the thought of a new playing field to spur him on this pupil swings his hoe with gusto.



Right : Boys and girls of the Coedmore State Primary School get down to the task of planting grass for their new sports field. In the background are the school buildings.

THE DANGERS OF DIABETES

THERE IS AN OLD KURDISH PROVERB that says "kill your enemy with sweetness". Figuratively, this would appear to mean one should be so friendly that one's enemy will be so charmed that he cannot possibly continue to be an enemy. But framed and hung on the wall of a diabetic clinic in Durban, the proverb takes on a different, darker meaning. For sweetness can kill. The form it takes is diabetes, a disease that is widespread amongst the Indian population in Natal.

Diabetes is not a virulent, infectious disease like smallpox or Hong Kong flu that can spread rapidly through the population and is then gone for a while. Diabetes is a disease that takes its time, slowly tightening its grip on the sufferer like cancer, affecting the brain, heart, kidneys, legs and eyes until life becomes too much of a struggle and the disease claims another victim.

Because it develops gradually diabetes is often not recognised until it is in an advanced stage, and because the physical symptoms are not as distressing or obvious as in many other (often less dangerous diseases) the seriousness of diabetes is very often not realised.

It nevertheless accounts for quite a number of deaths annually, either directly or in a contributory form allied with another illness, for even in a relatively mild stage diabetes lowers the person's resistance to other diseases.

CAUSES

How does one get diabetes, and why do so many Natal Indians suffer from it? There appear to be two main causes, according to the

physician-in-charge of the King Edward VIII Hospital Diabetic Clinic in Durban, which annually treats many thousands of diabetic sufferers.

The first is bad eating habits. Diabetes can be brought on through consistent over-eating, and by a diet too rich in carbohydrates.

There are many factors influencing diet. One that has been connected with the high incidence of diabetes among Natal Indians is the amount of sugar eaten (a factor possibly tied up with the province's sugar industry), the cheapness of sugar, its easy availability here and the number of Indians involved in the industry. But although sugar is one of the main forms of carbohydrate, the problem is one of refined carbohydrates in general.

URBAN DWELLERS WORSE

It has been found that people living in cities eat more refined starchy foods and sugar than those in rural areas, and this appears to have a resultant influence on the incidence of diabetes as well - it is more prevalent amongst city dwellers than amongst rural folk.

The high proportion of carbohydrate-containing foods eaten can be partly the result of a lack of know-

Right: Diabetes is a disease requiring long-term treatment, and visits to the doctor must be regular if success is to be achieved. Here a patient is interviewed by a doctor and the Sister-in-Charge of the non-White Diabetic Clinic in Durban.

ledge about nutrition, the relative cheapness of refined starchy foods like white bread or "brown" bread, mealie rice or cakes and sweets.

LIVING STANDARDS

There also appears to be a link between the disease and the standard of living in a country, according to the Diabetic Clinic. In comparing the incidence of diabetes in various countries this is evidently apparent, and is visible within countries where there has been a rise in the standard of living. This is the case with South Africa. Thus it is not surprising that diabetes has been christened an "illness of well-being".

It has been found that where standards of living start to rise, people tend to eat more refined carbohydrates (flour) and other refined foods, they tend to eat more foods containing sugar, and they tend to drink alcohol (which is handled by the body in the same way as refined carbohydrates).

ONE IN SIXTEEN

Several decades ago there was very little diabetes in South Africa, in all population groups, but today it is much more common. A Cape Town authority on the disease estimates that about one in 16 people in South Africa, of all races and ages, is a potential diabetic. He stresses, how-



ever, that this is a rough estimate, because of the large numbers of private patients treated by doctors who do not attend clinics. Other experts feel that the above estimate could be on the conservative side.

The sugar intake of South African Indians has increased to ten times that of Indians living in India (today 10-lb. a year compared to 110-lb.). The Clinic points out that when one considers that there are only a few generations of Indians that have been born and bred in the Republic, then there has been a relatively rapid physiological change-over from the diet in India to the one in South Africa.

INHERITED PRE-DISPOSITION

This brings us to the other factor thought by some (but not all) to be causing the illness. That is genes - or inheritance. It is becoming commonly accepted that the disease or an increased sensitivity to the disease, can

be inherited. Some very interesting work which could be of world importance is being done on this subject at the Durban Clinic.

The Clinic considers that one of the most important contributions it has made to the study of the disease lies in the vast amount of statistical and other information it has gathered on the influence of both the environmental and genetic aspects of the emergence of diabetes.

"In most of our Natal Indian patients there was no family history of diabetes two generations ago, whereas now half our Indian patients have in fact a family history of the disease," states a report by the Clinic published in an issue of the international magazine "Medico" on diabetes.

In effect the report indicates that most of the diabetic cases now encountered are the result of incorrect

eating habits of the former generation as well as the present sufferers.

DIABETIC COUPLES

Doctors at the Clinic have traced a series of 320 married diabetic couples. These are cases where both husband and wife suffer from the illness. "It is believed, but not conclusively proved as yet, that the pre-disposition towards diabetes can be inherited, and so the children of these couples could, if exposed to an environment conducive to the disease, develop it," says the report.

It continues: "Thus, our urgent task in Durban appears to be the restriction of refined carbohydrates in the diet."

It adds that this is an extremely difficult thing to do. It is the Clinic's opinion that non-White people take to sugar to such a degree that, according to the report, "it is as true and addictive as morphine or opium".

Right : New patients being registered at the Diabetic Clinic in Durban. A very modest fee is charged for this service, according to the patient's income, and in many cases there is no charge at all.

Below, left : All patients have their weight checked regularly, as treatment is partly through dieting.

Below, right : Regular blood, urine and other tests are carried out to help determine the effectiveness of the treatment. New patients are also tested to confirm the presence of the disease.



EXPANDING

The Clinic in Durban is a section of the King Edward VIII Hospital. It was established in 1958 at the Hospital but moved in 1966 to the centre of the city to be better able to cater for the growing number of patients.

WORLD'S LARGEST

Staffed by dedicated doctors and nurses, many of whom work on a part-time basis because of their interest in the Clinic, the establishment

has gradually expanded, and today over 11,400 patients are registered there for regular treatment. This makes the Clinic the largest solely non-White Diabetic clinic in the world.

Patients come mainly from Durban and surrounding areas, but also from other parts of Natal, and the patient roll increases by over 100 a month.

DEVELOPMENTS

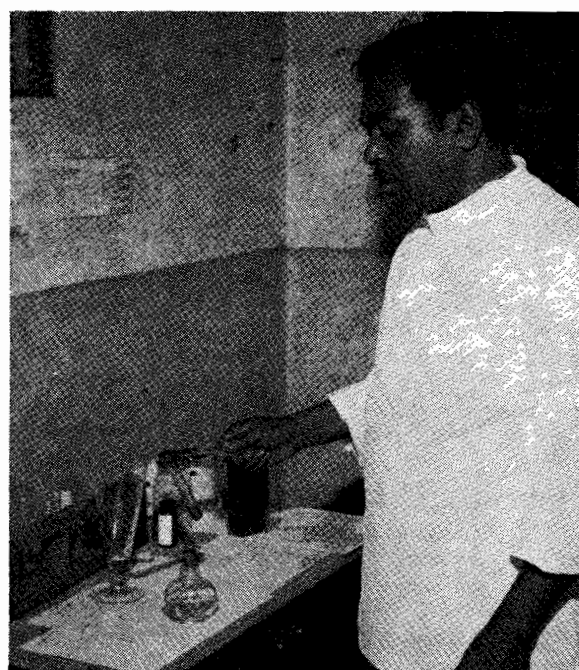
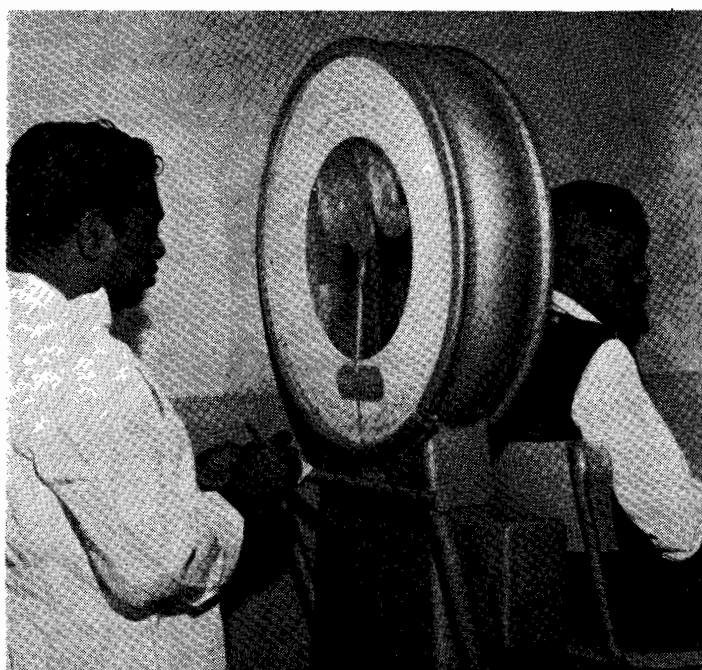
The many patients have led to some interesting developments in methods of treatment as well as research that

could be of world importance.

The Clinic has found that a certain drug, Rastinon, administered in small doses as an initial treatment, can be (as opposed to many other makes) very effective. This drug so used apparently enables a more effective dietary restriction to be imposed.

T.B. DANGER

It has also been found that tuberculosis often occurs together with diabetes and the diabetics are therefore periodically X-rayed. The two





There is a relatively high incidence of diabetes among the Indian population compared to other race groups. This photograph gives some indication of the large numbers that attend the Diabetic Clinic in Durban.

diseases are together a formidable combination and such cases are usually hospitalised.

Although insulin treatment is used for 30-40 per cent. of Whites, only 2 to 3 per cent. of the Durban Clinic's patients are dependent on the drug. About 8 per cent. receive dietary treatment alone and about 90 per cent. one or another of the oral anti-diabetic substances.

From 1965 to 1968 Indian volunteers have been examined for research purposes not only by doctors but by physiologists, anthropologists, biochemists, geneticists and statisticians.

STEPS TAKEN

What is being done about the disease? Firstly, there is the active treatment of diabetes with drugs and other medication at clinics throughout the country. The hub of it all is the Durban Clinic, with its 11,400 patients.

Where there are no clinics, treatment can be obtained from the local hospital; indeed, patients are usually referred to the clinics for treatment by the hospitals or by private doctors.

On being admitted to the Clinics, patients are first registered, at a

nominal cost of 40 cents, depending on the income of the patient. In many cases there is no charge. After this the patient is weighed, and tests are carried out to determine the presence of the disease and its seriousness. Finally, the patient is interviewed by the doctor on duty who notes the necessary information and decides on a course of treatment.

Because of the great numbers that visit the Durban Clinic, which *Fiat Lux* visited, organisation has to be good. The doctors may be required to see 70 to 80 patients in a morning, provided all are straightforward cases.

REGULAR VISITS NECESSARY

Patients are required to attend the clinic, which is open each morning, fairly regularly.

"Irregular attendance is one of our great problems," the Sister-in-Charge of the Clinic complains. Irregular attendance results not only in less effective treatment and resultant illness for the patient, but places a greater strain on the medical staff.

Only a small fee, based on the patient's income, is charged for treatment. The medicine itself, comprising

pills and insulin injections, is made available either free or at a nominal fee. With the object of assisting patients to cut down their sugar intake the Clinic also distributes free saccharine.

The Clinic has its own dispensary where medicines are made up for distribution. A tremendous volume of prescriptions is made up each day.

SYMPTOMS

What are the symptoms of diabetes? There are quite a number - some are warning signs usually only recognised by medical personnel and there are usually two stages in the disease.

The first is the so-called "pre-diabetic stage". Symptoms during this stage include boils, extra-large babies being born and miscarriages.

"For instance, if a woman whose relatives are diabetics has an extra-large baby followed by a series of miscarriages, it may be an indication that she is in the process of contracting the disease," said the Clinic Registrar.

Symptoms of diabetes proper include listlessness, sustained thirst, tired-

ness, frequent urination and boils. People showing these symptoms for long periods should consult their doctor.

Diabetes often strikes in middle age (when it is not usually so serious) but is often not so easily recognised.

CAN BE CURED

Fortunately the disease, if discovered in time, can be held in check. But preventive measures are even better, especially where the family has a record of the disease. The answer, as mentioned earlier, lies in diet and correct eating habits.

The physician-in-charge of the Durban Clinic has strong views on the subject of refined foods which are rich in carbohydrates and sugar.

"There is much talk of smoking being a killer," he says, "but diabetes is *pro rata* a far greater killer.

"Although I know it is impractical, it would be a very good thing if there were no sweet industries, and if no refined cereals were allowed to be marketed.

RULES TO OBSERVE

The following are some rules for diabetics issued in the form of an information sheet by the Clinic:

Diabetics **MUST** diet as instructed by the doctors and nurses. This means leaving off sugar, sweetened foods, and starchy foods as far as possible.

Diabetics should not eat the following foods at all:

- sugar, sweets and sweetmeats
- bread (brown or white), except for small amounts
- white bread roti, hand roti and cakes
- potatoes
- beer and other alcoholic drinks
- jam and tinned fruits
- fried foods
- putu, samp, mealie rice
- cool drinks, sweet syrups or sweetened fruit juices

The Durban Clinic has its own dispensary, where patients can obtain the prescribed medicines. Here one of the staff selects a medicine from the well-stocked shelf.

Diabetics may eat the following:

- Three small slices of white or brown bread a day
- All green vegetables and herbs
- Small amounts of rice (white or or brown)
- Fresh fruit (but only one banana a day as they contain a lot of starch)
- lettuce and salads
- meat, with the fat removed
- cheese
- tripe, chicken, eggs
- boiled fish
- small amounts of broad beans.

Other hints that may help the diabetic in dieting are:

- Boil or grill food rather than fry it.
- Eat three small meals of equal size a day.
- Drink two glasses of water before each meal.

- If you are hungry eat green vegetables or drink some liquid. Tea and coffee should be taken without sugar.
- Use saccharine instead of sugar – the Clinic dispenses it free of charge.

Although it is not clear yet what the exact connection is, it is generally accepted that diabetes can run in the family. Relatives of diabetics can take heart from the knowledge that if they stop eating sugar and the foods mentioned above, they stand a good chance of not contracting the disease at all and that even if they do contract it, they are more likely to do so much later in life when it tends to be a less serious disease.

The clinic gives the following advice to relatives of diabetics whether they are diabetics themselves or not:

Firstly, try and observe the above rules given to diabetics. Secondly:



- (i) Watch your weight. If you tend to get fat, see your family doctor. He will test you for diabetes and advise you on how to slim properly.
- (ii) It is a good idea that if anyone in the house is using saccharine instead of sugar, then ALL, including children, should use it.
- (iii) Take regular exercise.
- (iv) Concentrate on eating as much flesh food – meat – such as chicken and fish, and also eggs : eat your curry with cabbage and not with rice.

These are some of the hints that can help lessen the possibility of contracting the disease. Remember – you can eat your way to health – or illness.



On producing a prescription from the doctor, patients can obtain medicine from the dispensary, much of it free of charge. Saccharine is distributed free to all. Here a patient receives a few days' supply of pills.

School Principals meet Education Officials

AT A MEETING held at the end of last month at Sastri College, Durban, 50 principals of Indian high schools held discussions with officials of the Education Division of the Department of Indian Affairs on the employment of school clerks.

The Department started a training course in January for school clerks at its offices in Durban. This will be the first time that such clerks will be employed at Indian schools, and the seminar was arranged to assist the principals to make the best use of the clerks.

The last month of the clerks' training is being done at the schools and the school principals were briefed on what the clerical assistants would know, and what they would have to learn during their final month of training at the schools.

At the seminar various practical and other problems encountered by the schools and by the Department were also discussed fruitfully by the principals and the officials of the Department.



Seen at the meeting of school principals and officials of the Department of Indian Education at Sastri College, were (from left) Mr S. Panday (Lakehaven High), Mr S. R. Maharaj (Raisethorpe High), Mr S. P. van der Heever, of the Department of Indian Education, Mr G. Cheddie (Tagore High) and Mr I. A. Singh (Belvedere State Primary School).

POLICE PASSING-OUT PARADE



RECENTLY there was an impressive passing-out parade of 32 Indian policemen at Chatsworth, Durban, and a number of awards were made to members of the police force.

The parade, which had as its guest of honour the Divisional Commissioner of Police for Port Natal, Brigadier J. M. Benade, was characterised by its smartness and visitors were impressed by the military precision of the marching.

Detective-Sergeant C. Govindarajulu, Constable A. Subben (of Durban Central) and Sergeant N. Appadu (of Verulam) received long service medals for 18 years of unblemished and faithful service to the police force.

A silver trophy was also presented to Constable M. P. Govender, who was judged the best all-round student during the past six-months training period.

Above: Quick March! Students of the Police College gave an impressive display of marching at the parade.

In his address Brigadier Benade urged the policemen to make every effort to meet the tasks ahead of them.

(Photos: "Die Nataller")



Right: Constable M. P. Govender receiving the trophy for the best all-round student from the Divisional Commissioner of Police in Port Natal, Brigadier J. M. Benade. Also in the picture is Lieutenant-Colonel C. Colyn.

Left: Detective-Sergeant C. Govindarajulu receives his medal for 18 years of service to the police force.



Two Courses for Public Servants

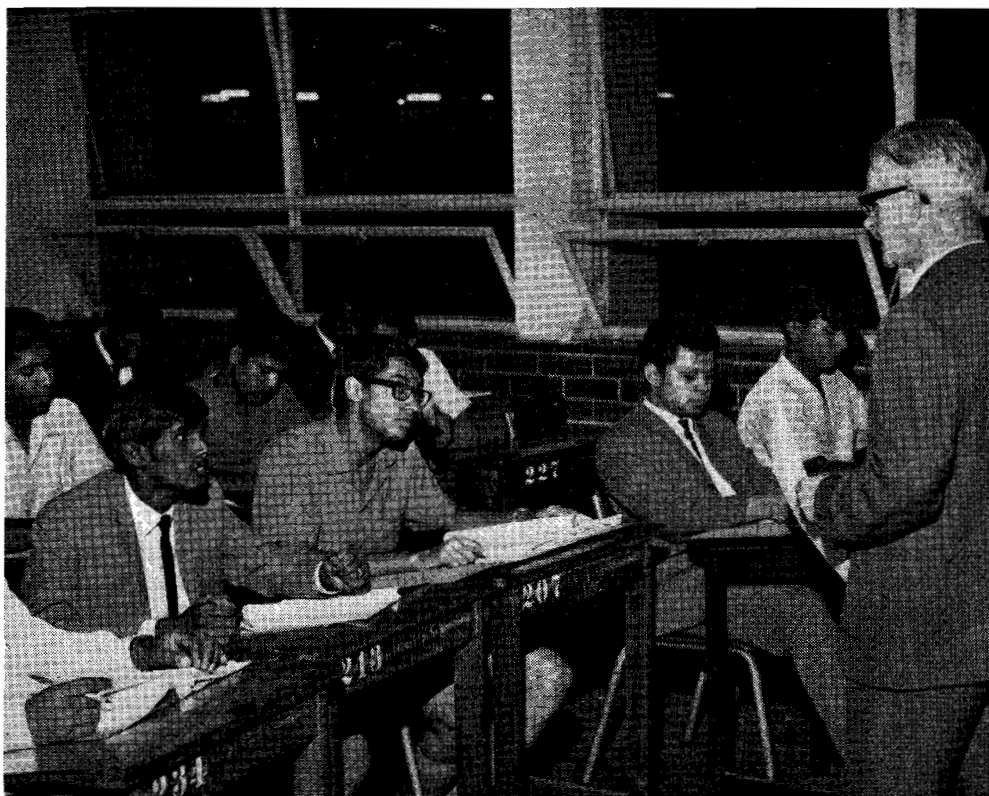
A NATIONAL DIPLOMA in accounting and auditing is being offered to Indian public servants at the M.L. Sultan Technical Training College, Durban, for the first time this year. This is the second course of this nature for public servants at the College. Last year a National Diploma in Public Administration was introduced. The course was prepared in collaboration with the Department of Indian Affairs.

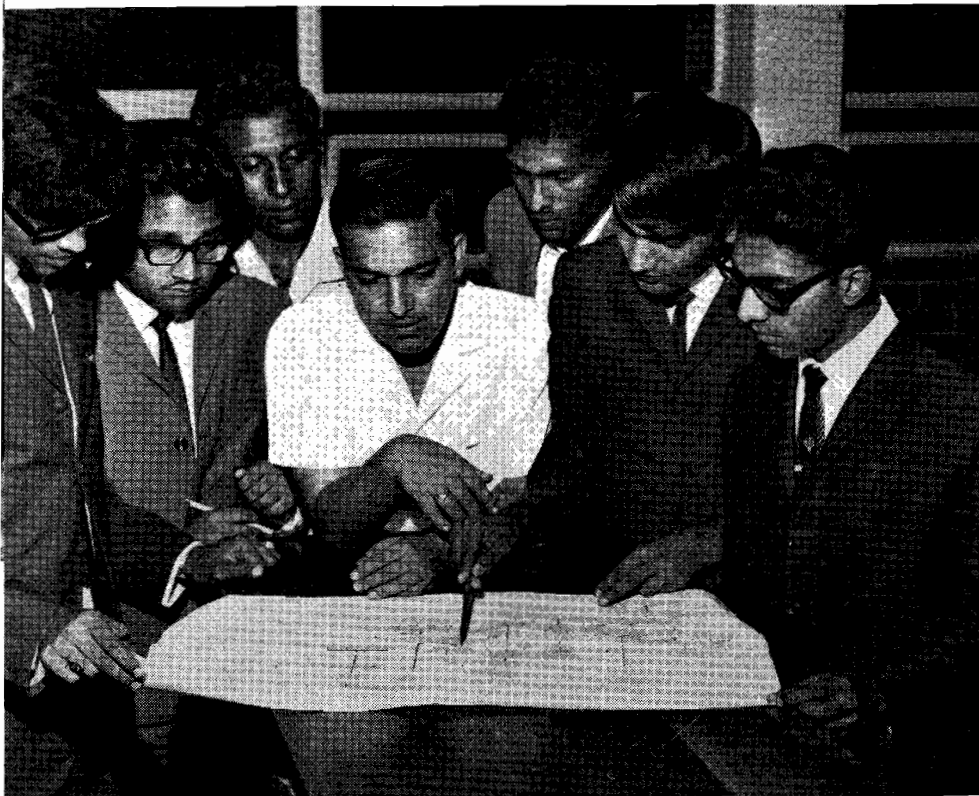
"The students who enrolled this year seem to be tackling the course with enthusiasm and energy," remarked Mr A. Ramsamy, head of the Division of Commerce at the M.L. Sultan College.

Sixteen students have enrolled for the National Diploma in Public Administration and nine for the National

Top Right: Mr I. Buys, of the Department of Community Development and a lecturer in Public Administration at the M.L. Sultan Technical College, explains a problem to Mr R. Mannadier, a second-year student in Public Administration.

Right: A group of first-year Public Administration students listen to a lecture by Mr A. van Dyk.





A chart showing the personnel organisation of the Roads Department is studied by a group of students.

Diploma in Public Accounting and Auditing. Nine students are doing the second year of the course in Public Administration — “some students found the course a little too difficult last year but those who have continued into their second year are making good progress,” said Mr Ramsamy.

UNIVERSITY LEVEL

The courses are regarded as fairly difficult, being on a level with a three-year university degree, for the College made an effort to ensure that the curriculum and the standard of training would be high.

The courses are available to all officers in the clerical, administrative and accounting divisions of the Public Service and to officers of the provincial administrations, semi-government institutions and public bodies.

At present the majority of students are employed by the Department of Indian Affairs.

CONDITIONAL ADMISSION

The minimum entrance qualification for each course is the Senior Certificate or equivalent qualification, with English and Afrikaans as compulsory subjects. However, candidates who have passed at least five National Senior Certificate subjects but who do not qualify for the certificate, will be granted conditional admission to the course. The diploma will only be awarded when the student has satisfied all the requirements for the diploma.

Students who feel that Afrikaans might hinder their progress can be assured that every effort is made by the College to help them in this subject. A special work programme is organised in both the language laboratory and the classroom, and this should enable students to fulfil the requirements of the second language.

AS SOON AS POSSIBLE

“It is the aim of the College to make Indian clerks bilingual in the shortest possible time,” said Mr Ramsamy. “They receive many letters and official documents in Afrikaans and they must be able to deal with these efficiently and correctly.”

And according to an official of the Department of Indian Affairs, the men working with him who are following the Afrikaans course are making marked progress.

PART-TIME

The courses entail three years of part-time study, classes being held in the evening three or four times a week. The courses include subjects such as public administration, economics, law, and industrial psychology for the Public Administration Diploma, and state finance, financial accounting, business economics and mercantile law for the Accounting and Auditing Diploma, to give a few examples.

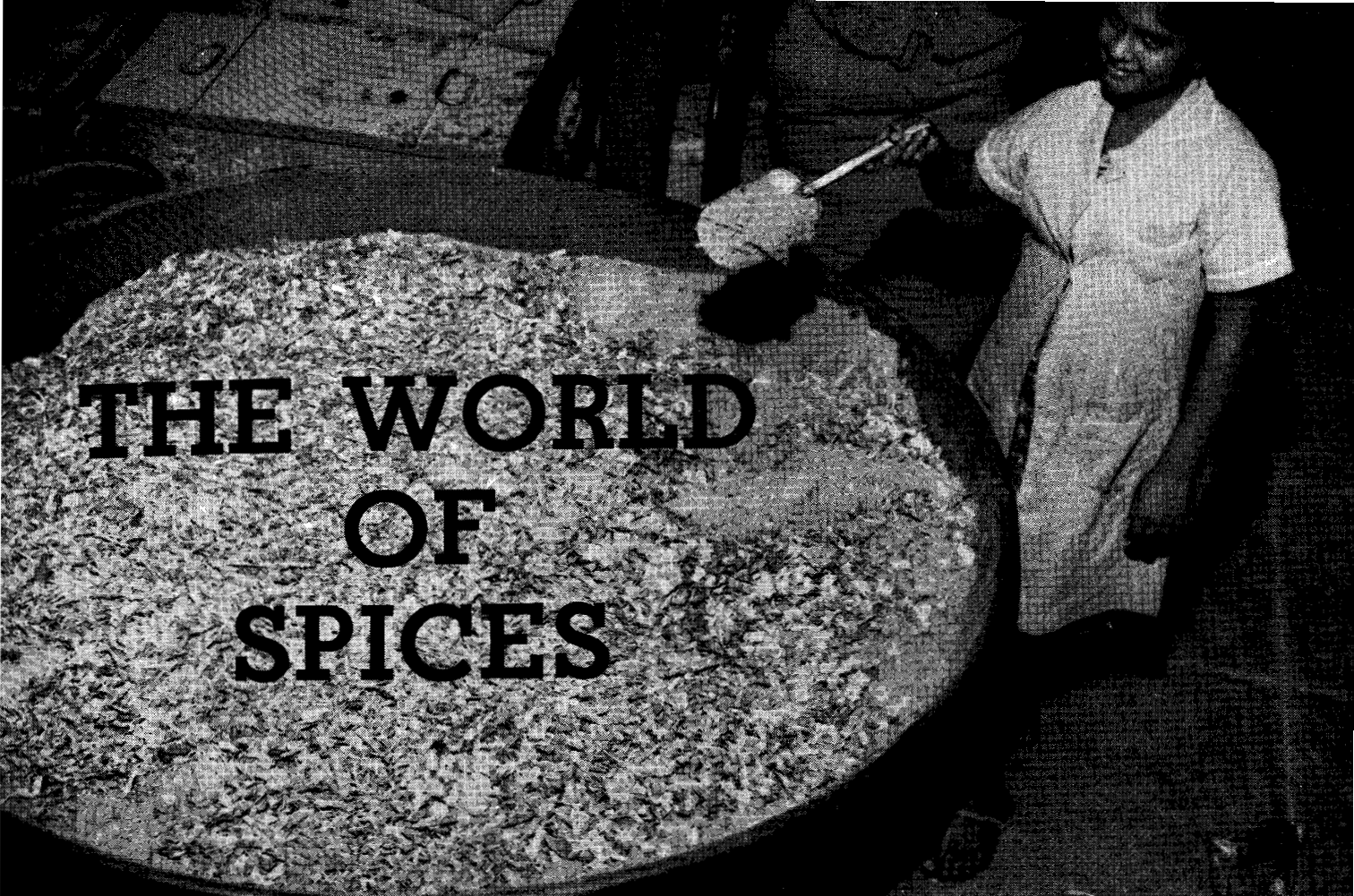
Bursaries are granted by the Department of Indian Affairs to deserving students. Last year three students were awarded bursaries and it is thought that the number will increase this year.

The need for people suitably qualified in the Public Service has increased with the recent developments in Indian townships and the take-overs by local authorities.

GREAT NEED

“The need for people with these diplomas in various government departments is great and we suggest that Indians who have the necessary qualifications take one of these courses,” Mr Ramsamy concluded.

The College has foreseen and catered for the need for qualified Indians in this field and has already prepared a number of courses which, although not being conducted at present, will be started as soon as there is a demand for them. These courses include the national diplomas for cost accountants, in industrial administration, in organisation and method study, in electronic data processing and system analysis.



THE WORLD OF SPICES

Sugar and spice is what little girls are reputedly made of. If so, then there must be quite a few girls hidden in this giant bowl of mixed spices at Osman's Spice Works, Durban.

"SOME LIKE IT HOT," said Mr A. Osman, of Osman's Spice Works. He was not referring to the film of that name, but to a rectangular red box he held in his hand. The label proclaimed the contents to be **curry – the strong variety.**

On the table stood another two boxes, one green, the other orange. Mr Osman picked up the green one and smiled.

"For those who prefer their curry mild, we have this in the green pack," he said.

"We market three grades, mild, medium and strong, packed in green, orange and red boxes respectively. One can compare the colours with

those of traffic lights. Green indicates 'go ahead', orange indicates 'caution' and red means 'stop'. Red is only for those with really strong palates, and certainly not for those unused to strong curry."

Curry is but one of the many spices prepared at the factory for the South African market. There are other factories that prepare and market similar products, and curry is the most important in terms of volume and sales.

VERSATILE

Curry is the all-purpose spice, the versatile seasoner of so many dishes and the standby of a great many housewives of all ages, denominations and races.

Main ingredient in curry is the humble chilli, dried and powdered. Much of the curry sold on the South African market is made from chillis

grown in the Republic, although a certain amount is imported. The quantity imported is to a certain degree determined by how good a crop has been gathered during the South African growing season. Should the local crop be a good one, then relatively little is imported, but should the local crop fail, or be of poor quality, then a greater proportion is imported, mainly from the East.

LOCAL CHILLIS PREFERRED

"As a matter of fact manufacturers and consumers usually prefer the South African chillis to the imported varieties," said Mr Osman.

"This is because they are usually redder in colour, and the consumers, especially the Indians, who form the bulk of our market, prefer the red colour to the lighter yellows or the darker ones.



"Today the colour is synonymous with the curry's strength — the hotter it is, the redder it must be."

Most of South Africa's chilli crop is grown in the Transvaal and Natal. The chillis are dried in the sun after picking and then dispatched to the various factories, where the stems are removed and they are sorted into various grades according to colour. They are then minced and powdered to impart the basic flavour to the curries we buy in the shops.

Other ingredients are added to the chillis according to tried and trusted recipes that are usually closely guarded.

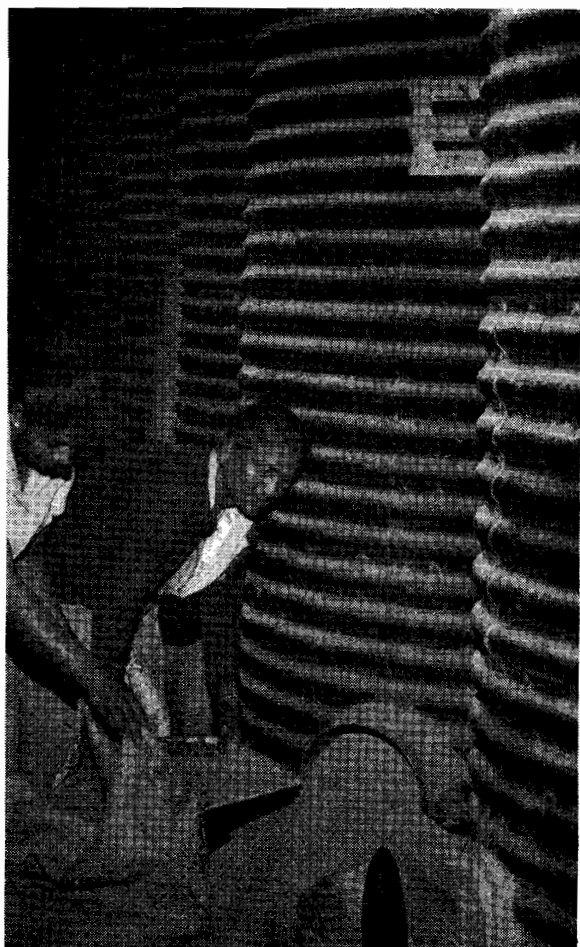
GUARDED RECIPES

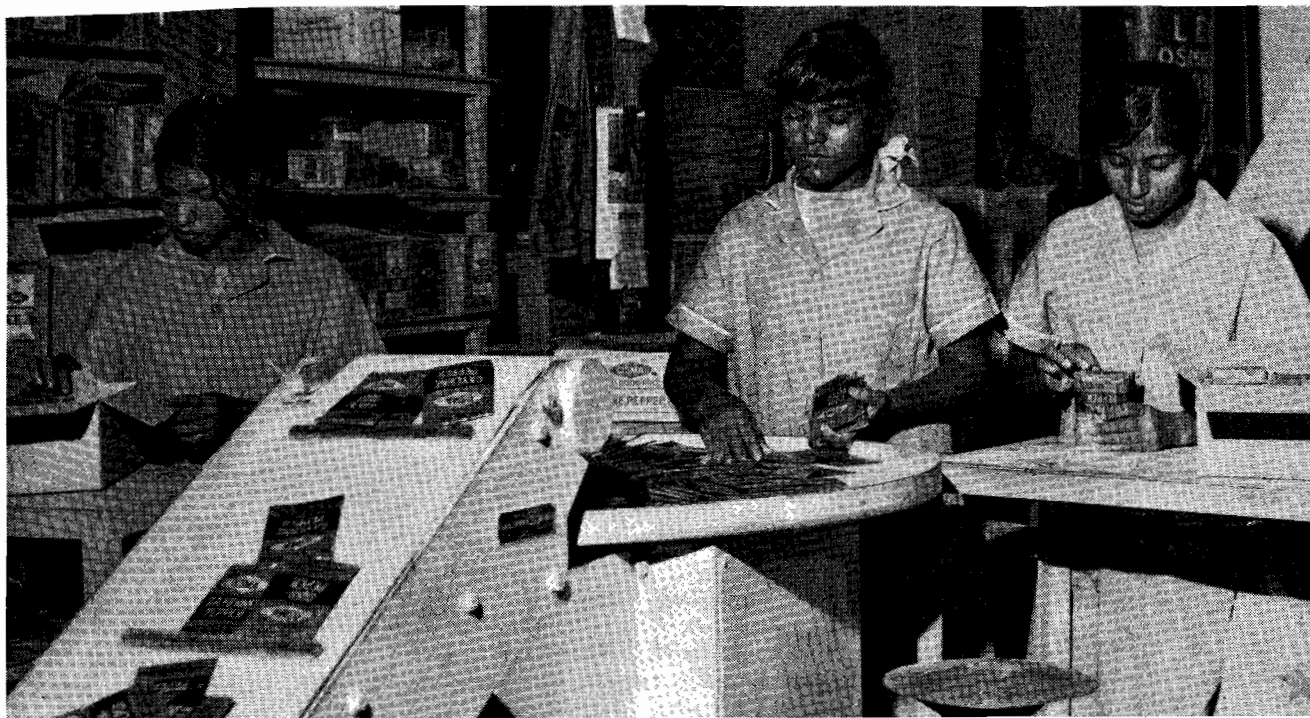
"The recipe and method of blending is the secret behind our product," commented Mr Osman. "Each manufacturer has his own private blend — which the public gets to know, and, believe me, they can soon tell if something is wrong and the flavour differs from the usual."

Each manufacturer strives to develop a flavour that is exclusive to

Above: The main ingredient of curry is the chilli, which also imparts the colour. Here whole chillis are sorted into piles of various shades. In the background are bags containing several months' supply of chillis.

Right: At Osman's Spice Works the raw spices are stored in these giant galvanised iron tanks to avoid contamination. They can hold between 70 and 110 bags, depending on the spice concerned. Here two workers remove coriander from one of the tanks.





After the spices have been blended and ground they are ready for weighing, packing and dispatch. Osman's started doing its own packing and local distribution last year. The factory already markets its wares as far afield as Mocambique.

This machine automatically fills and seals 70 small ½-oz. packets of curry a minute. These packets are very popular and there is a growing demand for them, say the manufacturers. The packets pass from the machine to a conveyor belt which takes them to the three packers in the picture.

his product. This is not only the case with curry, but with most of the other mixed spices, according to Mr Osman.

TRUSTED RECIPES

Many of the recipes used at Osman's Spice Works, for example, date from the 1930s, when Mr Osman's parents started to produce locally some of the spices they used in India where their parents had been in the spice manufacturing business.

"Over the years we have expanded from a tiny backyard factory to our present premises (Osman's is reportedly the largest Indian-owned spice works in the country) but we still stick to many of those old recipes.



NEW LINES

"We have tried experimenting with some of them, and occasionally we develop a new line," Mr Osman told us. One that was marketed for the first time last year and is reportedly selling well, is a pre-mixed ready-to-cook cocktail snack. "All the housewife need do is add water and fry," Mr Osman commented.

"We are continually experimenting to try and find new products and flavours, but it is hard to beat the old favourites," he added.

OTHER SPICES

Curry is by no means the only spice that the housewife can use to tempt the diner's palate. Among the others handled by Osman's are coriander, fennel, mustard seeds, cuban seeds, lentils and turmeric.

Many of these are combined to form the basic ingredients of mixed spices, marketed as such, in various strengths.

FASCINATING FACTORY

A spice factory is a fascinating place where pungent odours permeate the air, hinting at far-off exotic places, of trade winds and tropics,

and islands in the Pacific. Here a breath of coriander, there the musky heady scent of cloves, and dominating all the slightly acrid, powerful aroma of curry in the making, that sends little swirls of powder to tickle the nostrils and moisten the eye.

The powder is inescapable, and is accepted as part of the atmosphere at such a factory.

STRANGE BACKGROUNDS

Many of these spices have interesting backgrounds, or odd characteristics that give them a touch of the unusual besides their exotic flavours. The history of spices is also a fascinating one.

There is, for example, the legend of the Governor of a colonial territory in the East who wanted his country to keep the monopoly of the spices it produced. He accordingly ordered that the number of nut-meg trees be increased and the number of mace trees be reduced, little knowing that both spices in fact came from the same tree. (Mace is the outer husk of the nut-meg.)

Amusing, certainly. But how many readers knew better than the Governor?



Curry powder is being passed through an automatic filter after mixing and milling.

The strange world of spices is a fascinating one that yields a wealth of unusual information to those willing to explore it.

HISTORIC ROLE

Spices have attracted man's interest for hundreds of years. The search for cinnamon and other spices, for example, was one of the incentives that led to the discovery of the sea-route around the Cape to India and the East by the Portuguese in 1505. And it is believed that many of the ancient European cities owed much of their wealth to the trade in tropical spices. They conjure up visions of camel trains, Phoenician fleets and tropical shores. Anyone who has read the Travels of Marco Polo will revel in the glimpses of far-off places and peoples revealed in his tales.

ECONOMIC INFLUENCE

At various times spices had profound economic influences on European trade. At one time cinnamon was sold in London at £8 a lb., while others drew equally high prices. In 1826 the English import duty on cloves alone was 5/7½d. a lb., and as recently as 1880 cardamoms were sold for over 9/- a lb.

We have mentioned chillis as the chief ingredient in curry. Together



Packets of mixed spices being weighed and packed in clear plastic packets.



A fine display of curries and other spices at the Indian Market, Durban. Many of the names given by the vendors to their blends are as colourful as the curries themselves.

with other spices it is also used in the manufacture of cayenne pepper.

CINNAMON

Then there is cinnamon, that aromatic, subtle spice. Those curled sticks we see in the market are peeled from bushes that if allowed to grow wild, would stretch 40 to 60 feet into the air. As bushes the trees are better controlled and the bark is more accessible.

Cutting has to take place in wet weather because the bark is difficult to peel when dry. The strips are permitted to ferment slightly, are then scraped and dried in the sun, before being packed and sent off to the far corners of the globe.

CARDAMOM

Another tall tree that yields a popular spice is the cardamom tree, which produces a small brown seed with a powerful aromatic flavour and odour.

The fruits are picked slightly green and then dried and bleached in the sun before being marketed.

FASHION

In the case of the cardamom, fashion has played a role in its popularity and marketing. Today the seeds

marketed are bleached a greenish-yellow by the sun. This is the "natural look", preferred by the consumer.

Formerly, however, the public preferred seeds with a pale, straw-like colour to those with a natural colour, and so to please the fickle housewife and attract a good market the fruits were steamed over sulphur fumes in a closed chamber.

CLOVES ARE POPULAR

Another great favourite among Indians is the clove. (India consumes about half the world's output of cloves.) The clove appears to be one of the earliest known spices. It was known to the Chinese in 226 B.C. and they introduced a rather curious custom that required officers of the court to hold cloves in their mouths when addressing their sovereign!

Cloves are actually the flower-buds of a small conical tree, picked while still green and spread in the sun to dry for a few days. The clove's odd, claw-like shape and dull brown colour give no indication of its strong flavour.

ANOTHER ROLE

Today cloves are sometimes used in a rather ingenious way to impart a

fragrant air to clothes. A fresh orange with cloves pricked into its skin and then placed in a clothes cupboard is said to impart a delicate spicy perfume as the orange dries out. This perfume is absorbed by the clothes.

PEPPER

A spice that is very common today, and therefore very much taken for granted, is pepper. But leave it out of a recipe that calls for it, and you'll certainly notice the difference.

Pepper can be bought "black" or "white", yet both come from the same vine. The vine's original home was Ceylon, South India and Malaya, but today it has a fairly wide distribution throughout the spice-producing countries of the world.

The vines are grown on some form of support, often quick-growing trees, which also provide shade and are more durable than artificial poles.

When ripe the berries are a reddish colour and are then picked and laid out on a mat to dry until quite black and shrivelled. They are then ground into powders of various textures.

ROOT OF THE MATTER

Not all spices are derived from the fruit of the plant or tree, or even

from the bark or leaves. In some cases the spice is obtained from a part that cannot even be seen — the root. Two such are turmeric and ginger.

The tuberous rhizomes, or thickened roots, of the turmeric are a bright orange-yellow colour. After being dug up they are dried and ground into a fine powder which has an aromatic flavour similar to that of ginger.

Turmeric has a use other than in foodstuffs — it is often used for dyeing wool and silk.

GINGERING IT UP

Ginger is a spice of many uses. It has long been valued for its medicinal properties, for flavouring (as for ginger beer) and as a delicacy (ginger preserves).

Ginger is also obtained from a rhizome, often called a "hand" due to its shape. The "hand" may be sold whole (peeled or not) or as ground ginger.

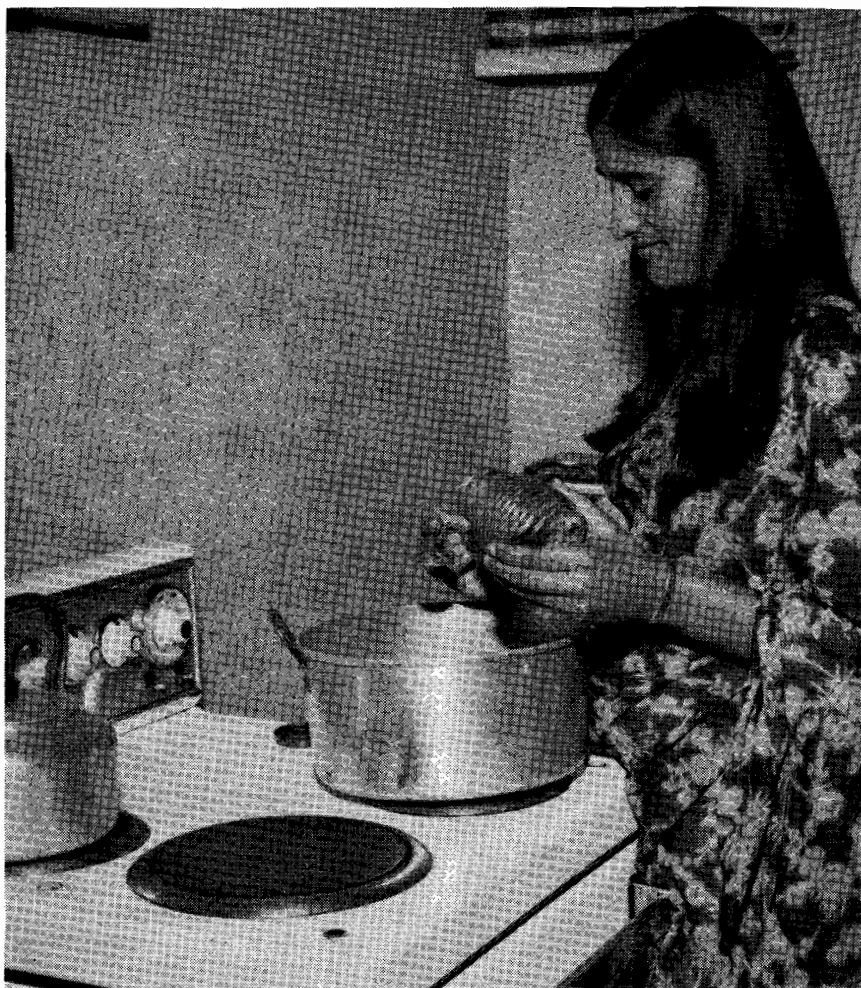
Ginger was originally found in India and Asia Minor. Introduced to Jamaica, it flourished to such an extent that Jamaica is to this day synonymous with ginger, even though the plant is cultivated in large quantities in many tropical countries in West Africa, in Japan, Ceylon, Malagasy, etc. It is also cultivated in South Africa.

These are some of the many spices in use today. They do not owe their importance solely to cooking, as we have seen. Other uses to which they are put include the manufacture of medicines and perfumes, and a few, such as pepper, are even insect repellants.

RELIGIOUS ROLE

Spices have also long had religious uses, as in the burning of incense. It is recorded that spices were used at the funeral pyres of the Egyptian kings and that Nero, the Roman Emperor, who supposedly "fiddled while Rome burned", also burned at his wife's funeral a quantity of cinnamon and cassia exceeding the whole importation into Rome for one year.

Some spices are also fairly commonly used for sweetening breath,



A little bit of this and a little bit of that . . . the housewife has a wide choice of spices with which to garnish her dishes.

particularly in countries where betelnuts are chewed. The nuts and leaves of this plant have a sharp pungent taste and odour.

Because of their aromatic properties spices are best stored in closed containers if they are to be kept for any length of time. In bulk they are often stored in large tanks, of concrete or galvanised iron. The housewife will probably find glass bottles or cans more convenient!

EXTRA PIQUANCY

For the housewife there are innumerable ways of using curry and other spices to add that extra piquancy to an everyday dish and also to bring out the best in a special meal. There

is, of course, an art in using spices in cooking and who better than the Indian housewife to explore and exploit the subtleties of the spices at her disposal. Practically every housewife has her own favourite recipe that she prepares in her own special way.

The Indian woman's culinary success is often due to her expert and judicious use of spices, a knowledge that cannot be gleaned only from cookery books, but which is handed down from generation to generation.

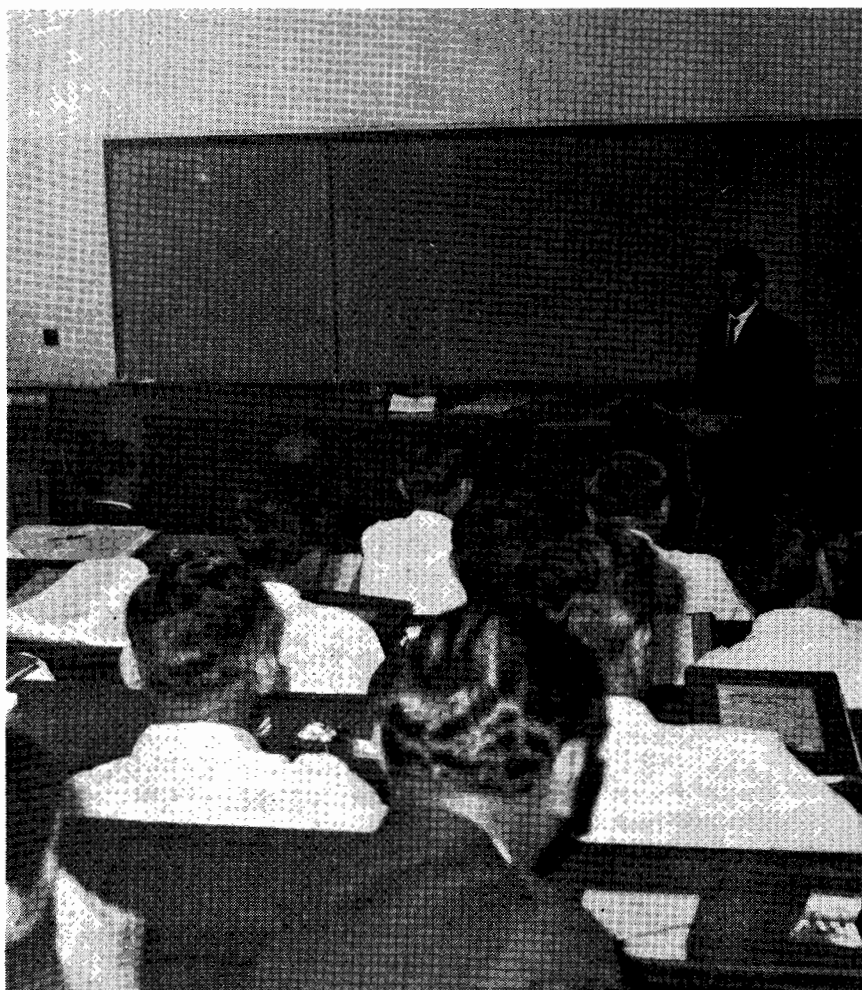
The world of spices is a wide and wonderful one, stretching to the far corners of the globe and embracing many cultures and nationalities, one that we can savour in several ways.

Unique Management Course for Businessmen

THE M.L. SULTAN Technical College has been running a very successful diploma course in business leadership during the past

six weeks. The course is the first of its kind to be held in Durban and has been well attended, with the lecturers drawn, according to

the organisers, from among the most experienced and dynamic young managers in commerce and industry in the Durban area.



A scene during one of the lectures. The course was very well received by those who attended, and it is hoped that there will be further courses of this nature.

The course has taken the form of short lectures with discussion groups and case studies, in which those attending take part. Among the fields covered have been business objectives, organisation, management, economics and management techniques.

According to the head of the Division of Commerce, Secretarial Practice and Modern Languages, Mr A. Ramsamy, the purpose of the course was both to stimulate and to instruct.

The aim of the lecturers has been to present modern business concepts in a bold and imaginative way, and the College hopes that the blending of their knowledge with the thinking of delegates from the Indian community will lead to a new concept of the role of the Indian businessman in the South African economy.

Among the questions put to delegates were those as to whether they were making the best use of their resources, including skills and brain power, and whether they were developing business leaders who would make an effective contribution in the future.

Opening the course early in April, the immediate past president of the Durban Chamber of Commerce, Mr C. G. Spindler, pointed out that as the South African economy developed it was becoming an increasingly attractive one in which to do business.

Mr Spindler told the Indian business men that they had now moved from the sphere of small businesses into big businesses. Not the trading stores of the past, but factories, chain stores and all forms of operation.

He said that the business men should give thought to their responsibilities to their customers, their staff and themselves. This entailed not only service in its simplest form, but in considering what the customer required.

Speaking on the business man's responsibility to himself, Mr Spindler said that business managers in South Africa were going to find their jobs far more demanding and tougher in the years ahead.

"The reason? Competition — and it is coming faster and with far greater impact than one might expect.

"As the South African economy develops, it is becoming an increasingly attractive one in which to do business," he added.

The nation's markets were enlarging, internal consumption was increasing and exports were expanding. This meant that even greater demands would be made on the managerial class.

"We must be prepared for methods that to most of us seem new, and we must accept the need for intensive learning," he said.

The South African manager was in the favourable position where he could look to other managers overseas to derive the fullest benefit from a wealth of information about managerial practices.

"You, the Indian community, can share in this information by studying the professional methods of the White managerial class with whom you are so wisely maintaining such a close relationship."

Mr Spindler added that this had been manifested by the Indian business men organising themselves in a body under the wings of the Natal Chamber of Industries, and the association with the Durban Chamber of Commerce.



One of the business leaders who gave an address during the course was Mr M. Alberts, a member of the Institute of Marketing Management's Executive Committee.

"The trend today is away from the text book manager," he said. "Emphasis is being placed more on the manager's flexibility, adaptability, creativity and innovational skills."

He pointed out that responsibility was the essence of leadership and that managers would have to make decisions and stand by them. They should expect criticism and stand up to it without blaming others.

He also said it was necessary to observe business ethics. This was necessary in establishing the right climate in which to trade.

He added that the business man also had a responsibility towards his staff. Adequate wages were important

because it was essential that all staff should be able to live comfortably, without domestic problems which could take their minds off their work.

In a later session Mr M. Alberts, a member of the Institute of Marketing Management's executive committee, lectured on marketing concepts.

He described marketing as business activities that directed the flow of goods from the producer to the customer or user. This was a broad field and it was always on the move.

Referring to the modernisation of marketing methods, Mr Alberts said that as production increased and became more specialised, consumers demanded more variety, and marketing resultantly became more costly and also more important.

"Basically, marketing is common sense," Mr Alberts said. There were certain elementary and essential steps to be taken to give the business man a better-than-average chance in marketing.

A company policy, that was both vigorous and flexible, was necessary, as well as a definite strategy and the use of various tools of marketing. Marketing plans should have certain objectives, and experience was very valuable. Of these market research was of the greatest importance. Such research should ideally be undertaken by an independent specialist who knew what to look for, he added. Information gleaned from other sources could also be very useful.

Referring to the product itself, Mr Alberts said: "It is the most important controllable factor in the market." However, it should never be regarded as the ultimate, he added, and it was always in danger of becoming obsolete.

Mr Alberts also detailed several reasons for marketing plans failing. These included bad channels of distribution, bad packaging, company policy, bad sales management, lack of product uniformity and under- or over-estimation of the product's potential.

LATIN'S FUTURE IN OUR SCHOOLS

by Miss M. C. Keyter (B.A. hons)

Lecturer in Latin

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IN THIS ARTICLE an educationist gives her views on a subject that is often a talking point among teachers, school children and parents: The future of Latin in the school curriculum. How does this ancient language fit in with the other courses available and of what importance is such a subject? While the author does not defend or condemn the subject, she points out how Latin can help the scholar in obtaining a matriculation exemption and the implications of offering Afrikaans as his second language.

THERE APPEARS to be growing steadily among parents, pupils and teachers the impression that Latin is doomed as a school subject; that it is only a matter of time before all the Indian high schools will be able to offer Afrikaans as a matriculation subject, and that this will replace Latin. I am writing this article in the hope of clearing away some of the misunderstanding surrounding this issue.

I do not propose to defend Latin as a school subject, but to confine myself to a discussion of the requirements for a matriculation exemption so that the scholar can enrol at a university, and I want to show how Indian students will stand in this regard once they offer Afrikaans as their first or second language.

Will this automatically eliminate Latin from the school curriculum?

The answer is "No!" This is evident if we look at the regulations for a matriculation certificate, and then at some of the various possible curricula that would satisfy these regulations.

I quote below the requirements for a matriculation exemption as laid down by the Natal Education Department:

"Senior Certificate with Matriculation Exemption (Advanced Grade only):

(a) A candidate must pass in the examination as a whole (that is, in five subjects), provided that the minimum aggregate shall be 860 marks (six-subject examination) or 950 marks (seven-subject examination).

(b) Obtain 40 per cent. in each of four subjects, one being selected from each of the following groups:

(i) Group 1: Main language.

(ii) Group 2: The second official language or Latin or French or German or Hebrew or Zulu B (or another language approved by the Director of Education).

(iii) Group 3: A science subject.

(iv) Group 4: Mathematics (if not applicable under group 3) or History or Geography or a third language, limited to: Latin or French or German or Greek or an approved Bantu language.

(c) Either:

(i) Include in the above four groups Mathematics or Latin or French or German or Greek or an approved Bantu language.

Or:

(ii) Take as a fifth subject one of Mathematics or Latin or French or German or Greek or an approved Bantu language and obtain at least 33½ per cent. therein.

(d) Pass

(i) In two languages and Mathematics, or

(ii) In three languages (if Mathematics is not passed)."

From the above regulations it becomes clear that with the introduction of Afrikaans as a matriculation subject, pupils will no longer be obliged to offer Latin as their second language as has been the case in the past. Latin can, however, still be included in the subjects taken for the examination.

I am dealing only with the matriculation exemption candidates, since this is obviously what most pupils aim for, even if their expectations are not always realised.

Now, to proceed to a science degree at any South African university a candidate must have obtained a pass in Mathematics (at least 33½ per cent.); but for an Arts degree Mathematics is not a pre-requisite, and this is where Latin figures as an alternative.

Let us look at a few combinations of subjects that conform to the above requirements. (I am assuming now

GRANT FOR CHILDREN'S HOME

OFFICE bearers and officials of the Durban Indian Child Welfare Society and officials of the Department of Indian Affairs met recently at the Lakehaven Children's Home in Durban, when the Department's contribution towards the erection costs of the Principal's quarters was handed over to the Durban Indian Child Welfare Society.

Handing over a cheque for R3,200 to Mr. P. R. Pather, the President of the Society, Mr E. J. Turner, Under-Secretary of the Department's Regional Office, said that the Department was aware and appreciative of the good work that the Durban Indian Child Welfare Society and its Lakehaven Home were doing among the Indian community.



The Under-Secretary of the Department of Indian Affairs in Durban, Mr E. J. Turner, presenting Mr P. R. Pather with the cheque. Also in the picture are (from left): Mr I. Dannhauser, of the Department of Indian Affairs, Mr M. E. Sultan, Mr R. Govender, Mr J. de Jager, of the Department of Indian Affairs, and the Principal of the Lakehaven Children's Home, Mr Suliman.

THE FUTURE OF LATIN

(from previous page)

that Afrikaans is taken as 1st or 2nd language.)

At the outset I should like to point out that the percentage requirements mentioned below are the minimum a student must obtain to pass in a particular subject, but that the aggregate for the whole examination must be 45 per cent. before an exemption is granted.

Curriculum number one:

Group 1: English or Afrikaans (40%).

Group 2: Afrikaans B or English B (the language not taken under 1 above). (40%).

Group 3: Biology (40%).

Group 4: Geography (40%).

5th Subject: Latin (33%).

6th Subject: Housecraft.

A pupil who has a flair for languages and finds Mathematics difficult may prefer such a curriculum. This combination, if successful, will enable the pupil to proceed to an Arts degree at a university. A pupil who is confident of his ability in Latin could take it instead of Geography in Group 4, where a 40% pass is required.

Curriculum number two:

Group 1 and 2: As above - 40% in each.

Group 3: Biology (40%).

Group 4: Mathematics (40%).

5th Subject: Latin.

6th Subject: Book-keeping.

A pupil who is keen to proceed to medicine or science, but finds Mathematics difficult, may prefer such a curriculum. This would mean that if he unfortunately failed Mathematics but passed Biology and Latin, the door to the university would not be

closed to him. He could still proceed to an Arts degree - assuming, of course, that he has fulfilled all the other requirements.

The above curricula have been designed for those pupils who find Mathematics difficult, and so can benefit from the wider choice of subjects that will come with the introduction of Afrikaans. But for the brilliant student, who is perhaps set on a medical career, the greater variety of choice will offer the opportunity of a wider and more balanced curriculum, such as:

Curriculum number three:

Group 1 and 2: As above - 40% in each.

Group 3: Physical Science.

Group 4: History.

5th Subject: Mathematics.

6th Subject: Latin.

7th Subject: Additional Mathematics.

Comment: Good Luck!