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TELUGU JYOTI

A Literary Magazine

from The Telugu Fine Arts Society, Inc.



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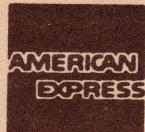
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From The President:

Dear Members/Guests:

I must start with an apology for not informing you the date of our Deepavali function in the September issue. I was not thinking of the calendar when I sent my note to Telugu Jyothi the day after my return from the India and the excitement. Anyway, by now you must have received the flyer. We are getting ready with the entertainment and the dinner planning. We hope to see you there. If you can, please volunteer your help at the program. This time, we have the event on a Sunday to avoid a conflict on Saturday. It will be at 2:00PM on October 25 with entertainment first followed by dinner.

At the Deepavali function, we will reserve a corner where the youth can discuss issues of interest to them while enjoying their dinner. Please call Kalpana, our Youth Activities Chairperson with any suggestions you may have.

Also, we encourage you to meet our new members and guests to make them feel comfortable. I heard that some new members were disappointed at our previous functions as they were lost in the crowd and the "older" members were too busy in their own world. True, this can happen in a 350 plus gathering! Sorry folks, we will try to improve on October 25.

At the recent TFAS Trustees' meeting, we agreed to a request from the TANA World Telugu Convention to provide our cooperation in organizing the event. it will be held July 1-5, 1992 in New York. You will be hearing more about it in the future. As you know, TFAS is an Associate Member of TANA.

As I mentioned earlier, please inform me your change of address promptly. This will save us money avoiding the return postage and assure you getting Telugu Jyothi without fail. The following members did not give their forwarding address. Please inform us if you know where they are: Rao V. Gollapudi, Vijaya Gopal Kotha, Katta, K.P. Naidu and Rallabandi Sankaram. Thanks!

Murty P. Bhavaraju
President-TFAS.

ఉత్సవాలు

డాక్టరు రఘునాథ్ గారికి,

ప్రతినెల వచ్చే జ్యోతిలో మీ 'ఎడిటోరీల్ కాలమ్' రాషురాను చాలా బాధించబడి. ప్రస్తుత మన సమాజంలో వస్తున్న మార్పుల్ని, మంచి-చెడ్డలను, కొత్త కొత్త ఆలోచనల్ని పారకులముందు చాలా చక్కగా ఉంచుతున్నారు. మీరు రాసినట్టు మన సంస్కృతిలో, పద్ధతుల్లో మనం గ్రహించలసిన మంచి ఎంతో ఉంది. ఇంట్లో మనవారిని ప్రేమించడం, గౌరవించడం నేర్చుకున్నప్పుడే ఎదుటు వ్యక్తిని గౌరవించ-గలుగుతాం. అలాగే మనభాషలోని తియ్యదనాన్ని, మన సంస్కృతిలోని జోన్సుత్వాన్ని గుర్తించినవాడే ఇంకొక దేశపు ఆచారప్రవహార్తి, అలవాట్లను గౌరవించి అందులోని మంచిని తెలుసుకోగలుగుతాం. కాకపోతే మంచి, చెడు ప్రతిష్ఠయించో ఎక్కుడైనా ఉంటాయి. ఏ దేశాలో అయినా ఏ పద్ధతుల్ని అయినా మంచిని, ప్రజలశ్రేయస్సుని దృష్టిలో పెట్టుకొని ఏర్పరచినవే. పరిస్థితులకనుగుణంగా ఆ పద్ధతుల్లో కొంత-మార్పు తీసుకరావడంలో తప్పనేడు. కానీ అసలు మంచేశేడు అని అనుకోవడం సమంజసం కాదు.

శ్యామలదేవి దశిక
North Brunswick, NJ

Dear Raghunath garu,

We eagerly look forward to receive our Telugu Jyothi every month. Your commitment of this tough and demanding project is very commendable. The least we could do is to send in our subscription without a notice from you. It is well every penny.

If you want to start a feature to teach our young telugu generation తెలుగు ప్రాయిడం, చదవడం, please let me know. I would like to volunteer help in that area. Thanks for an excellent job. Regards.

Krishna Akella
Tucker, GA

డా॥ భావరాజుగారికి,

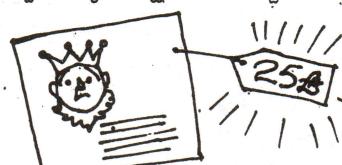
నమస్కారం.

మీరు దయతో పంపిన 'తెలుగు జ్యోతి' (జూలై) అందింది. చాలా సంతోషము. కృతజ్ఞాంశు.

మీరు చేస్తున్న సాహిత్యసేవ శ్మాఖునీయం. తమ కృషి ఫలించాలనీ, 'తెలుగు జ్యోతి' వర్ధిల్లాలనీ ఆశిస్తూ,

విధేయుడు,
డా॥ ఏలుచ్చారి విజయరాఘవరావు
Springfield, VA

పొందమ జార్జి చక్కపర్తి మహా పాదుపరి, పోడిమి ఏపి వ్యయం పెట్టిన్నాడు. అయిన కుమారుడు వేల్పు రాకుమారుడు దుఖారా ఫర్మురాయుడు. తండ్రికి ఇంకా కొంత సామ్య పంపుని జాబు వ్రాశాడు. "నీ పద్ధతులు మార్పుకో; వ్యాపార లక్ష్మాలు అంపరుకో!"



మని తండ్రి కొడుక్కి- వెంటనే జాబు వ్రాశాడు. మర్మాటి పోష్టులో కుమారపత్సంగారి మంచి జాబు వ్చింది. "పాన్ గారూ, మీ సలహా పాటించాను. చక్కపరిగారి తెపర్ పాతిక పాండ్కకు అమ్మేళాను!" అని.

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 Prasanthi Avasarala - dance కొబెన్తు కొన్నిది...
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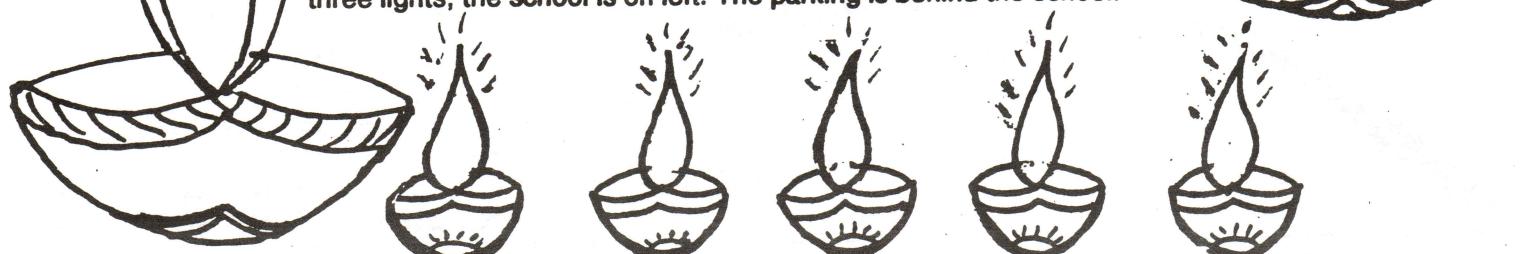
కుండ తెఱు వంటలు

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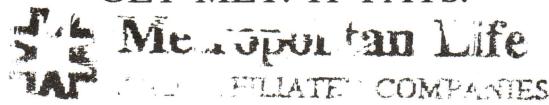
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TELUGU JYOTHI'S 20 QUESTIONS OF THE MONTH

In this forum, every month, Telugu Jyothi publishes 20 interesting questions and provides answers elsewhere in this issue. This month's subject is the Indian Railway System, one of the world's largest and complex transportation systems. Since many of you have at one time or another have taken a trip on the rail system, let's see how well you fare on these questions.....

1. In which year did the Indian Railway System begin operating?
2. What rail guage systems are used in India?
3. How many railway stations are there?
4. How many railway zones are there?
5. On average, how many people travel each day on how many trains?
6. Where are the coaches and locomotives manufactured?
7. What happens to the steam locomotives after they become old?
8. Which station has the highest elevation of all the stations?
9. Is the Indian Railway System the largest in the world?
10. Which station has the honor of having the "world's longest platform"?
11. What are some of the future technological plans for the rail system?
12. What conviences are specially provided for foreign travellers?
13. Do all trains run on all days?
14. Is it possible for foreigners to purchase Indrail passes in India?
15. Which is the fastest train in India?
16. Which areas in India are still not easily accessible by rail?
17. Name the Indian states serviced by the Narrow Guage System.
18. Which was the first electric train in India?
19. Where is the Railway Staff college located?
20. Where is the "Indian Railway Institute of Signal Engineering"?

ANSWERS ON PAGE 39

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YOUTH PAGE

Sailaja Sastry, a fellow Indian-American such as myself, wrote an article which appeared in the May 1992 issue of Telugu Jyothi on the youth page. In response, I would first like to congratulate her for identifying reasons for cultural differences rather than blaming them on "those Americans" and our parents. I too have faced similar problems. I am using this youth page as an opportunity to share, relate and find some answers, as well.

I had always had a cultural identity problem: I never wanted to admit that I was Indian. You would do the same thing too if in your own hometown, everywhere you went someone yelled an ethnic slur at you. I had the opposite problem from Sailaja's, "lack of an accessible community". There were just too many Indians in my school and town for me and my community to handle. It is a well known sociological phenomenon, that when a new ethnic group makes its way into a society, one already present group moves from the bottom of the social ladder, to the next higher rung, to make way for this new group. Thus, when I saw another Indian, I literally ran away because of the social stigmas I might have attached to my associations.

My father had not realized the extent of the racial problem in good ol' Parsippany, NJ. Dad took a bus to work everyday and worked on the fourteenth floor of an air-conditioned high rise with several other post-graduate engineers. The negativities did not permeate his workplace, but occurred outside, in the schools, where I would see the white children fight and call each other "Hindu" as the equivalent to "loser" or other more creative insults. I flinched whenever someone, in all seriousness, asked me what my religion was, because the name of my religion has been changed to a swear word.

On the first day of freshman orientation at college, another Indian-American student came up to me and asked in her natural American accent, "So what part of India are you from?" I almost froze in my tracks! How could another Indian-American even want to talk to me let alone admit the fact that we held something in common like our heritage? This woman became one of my best friends and taught me to be prideful rather than ashamed about being Indian. I could finally say the word "Hindu" without my stomach churning.

My sophomore year, I dove head first into my prideful heritage and moved onto an alternative housing unit called International House. Being the largest group of International students on the campus, North Indians populated the majority of the house. All I heard all day, was how Rajita was not really an Indian. yet, when it

was time to 'South India bash', I was fair game. Until I moved out, I had not realized what a mess I had gotten myself into. At home I had Americans tell me to go back to India and Indians at school tell me that I would never really be an Indian. Ironically, I am a registered voter and ever considered joining a branch of the American armed forces at one time. As for my Indian classmates, they are all proud to tell me that they cannot speak a word of their mother tongues and speak only in English to their families at home and own more modern American conveniences than I do. So who's bluffing whom?

Anyway, I honestly do not really care what others think Rajita is or is not. I am happy that I finally can be comfortable with who I am. When people ask me what I consider myself, I say that I am Indian-American because, frankly, I really am not all American or all Indian. I am just part of a unique group who honestly is in the best position. I can choose the best of American and Indian culture that I want. Who could ask for anything better?

-Rajita Bhavaraju
Lancaster, PA



AN APPEAL

కోసం get togetherew ఏర్పాట్లు చెయ్యడం మన భర్తా, least we can do for them. Finally 21వ సెంచరీలో మన బాధ్యతలేమిచీ? 10వేల మైళ్ళ దూరంలో పున్న తెలుగు వాళ్ళందరూ ఒక్క అమెరికాలోనే కాదు, ప్రపంచ తెలుగులందర్నీ ఒకటిగా చెయ్యడం కోసం, ముందు TANAకు & Board of Trustees (continuity, పోట్లాట్లు తీర్పదాన్స్) world coordination bodyను initiate చెయ్యడం, తండ్రోప తండ్రాలుగా పట్టన్న తెలుగు students (వాళ్ళతో మన ABCDలు కల్పణ కష్టం కనుక)కు & మార్గం (if they got stuck, ఈ మధ్య & తెలుగువారు ప్రైదరాబాద్ నించి మా అబ్బాయికో పుద్యోగం వోయించండని ప్రాశారు) directions చూపడం, ఇలాంటి పదకాల సురింతి ఈలోచించడం ఎంతో అవసరం! అది మన కృత్వం! ఇదంతా ఎందుకు ప్రాశాసనంచే 'Realities of Life' కనుక. మీరందరూ చదవడాన్స్, ఆలోచించడాన్స్, తిట్టడాన్స్ ఆఫరం కనుక! వచ్చే నెలలో నల్లరికి పనికొచ్చే మరో సమస్య మీద 'పిచ్చు-పాటీ' మాట్లాడుకుండాం. సరేనా నవ్వే!

(ఇందులో వ్యక్తపరచిన అభిప్రాయాలు సంపూర్ణంగా రచయితవిసం।)

ఏప్రిల్లుల్ని బాగా పరీక్ష చేశాను. మించే దిగులు పడకండి. ఈ జబ్బు వంశపారంవర్ణంగా సంక్రమించినది - అన్నాడు డాక్టరుగారు నుదర్చునంతో. 'హల్లటిమాటు చెప్పారు. మించి బిల్లు మూత్రాలకి పంపించండి'

Sri Gurujala Vijaya Rama Rao (Vijji) S/O of Sri G. Appa Rao, 27 yrs and unemployed, suffering from renal failure and undergoing Haemo Dialysis, requires a Kidney Transplant to save his life. The Nizam's Institute of Medical Sciences estimated about \$s, 1,34,000 (\$4,700) as the expenses for the operation and post-medical care. Mr. G. Appa Rao cannot afford this expense from his meager resources. He is requesting philanthropists for liberal donations to save his son's life.

The donations could be sent to the SAVINGS ACCOUNT # 21503, ANDHRA BANK, NIMS BRANCH, HYDERABAD - 500 482, AP.

Mr. G. Apparao, C/O Mr. M.S. Murthy, Plot No. 32, G.K. Nagar, ECIL Post, Hyderabad - 500 762, A.P. India.

(This information is provided by Mr. Mocherla Krishna Rao Gillette, NJ 07933. Your contributions will be appreciated.)

ఓ మంత్రిగారు వేదికమాద ఈవిధంగా ఉపయోగిస్తున్నారు:
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మిరు నల్సై ఏఱు వాళ్లా కవ్వదుతున్నారు"
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నా వయస్సు ముప్పయ్యేసే" అంటూ
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Year:	Ranked first:	NML rank:
1941	Metropolitan	2
1942	Northwestern Mutual	1
1943	Northwestern Mutual	1
1944	Northwestern Mutual	1
1945	Northwestern Mutual	1
1946	Mutual Life Assurance, Canada	2
1947	Northwestern Mutual	1
1948	Teachers Insurance & Annuity	2
1949	Mutual Life Assurance, Canada	2
1950	Mutual Life Assurance, Canada	2
1951	Mutual Life Assurance, Canada	2
1952	Mutual Life Assurance, Canada	2
1953	Mutual Life Assurance, Canada	3
1954	Great West, Canada (non-par)	3
1955	Manufacturers (non-par)	4
1956	Metropolitan	2
1957	Metropolitan	2
1958	Northwestern Mutual	1
1959	Metropolitan	3
1960	Metropolitan	2
1961	Metropolitan	2
1962	Northwestern Mutual	1
1963	Northwestern Mutual	1
1964	New York Life	2
1965	Mutual of New York	7

1966	Mutual of New York	7
1967	John Hancock	3
1968	John Hancock	2
1969	John Hancock	2
1970	Northwestern Mutual	1
1971	Northwestern Mutual	1
1972	Northwestern Mutual	1
1973	Northwestern Mutual	1
1974	Northwestern Mutual	1
1975	Northwestern Mutual	1
1976	Northwestern Mutual	1
1977	Northwestern Mutual	1
1978	Northwestern Mutual	1
1979	Northwestern Mutual	1
1980	Northwestern Mutual	1
1981	Northwestern Mutual	1
1982	Northwestern Mutual	1
1983	Northwestern Mutual	1
1984	Northwestern Mutual	1
1985	Northwestern Mutual	1
1986	Northwestern Mutual	1
1987	Northwestern Mutual	1
1988	Northwestern Mutual	1
1989	State Farm	2
1990	Northwestern Mutual	1

Source: Best's Review, Best's Flitecraft Compend

year interest-adjusted surrender cost index since 1941
are:

Company	1st-place rankings
Northwestern Mutual	28
Metropolitan	6
Mutual Life Assurance, Canada	6
John Hancock	3
Mutual of New York	2
Great West Life, Canada	1
New York Life	1
Teacher's Insurance & Annuity	1
Manufacturers	1
State Farm	1

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ఉత్తరం చదివ రాపుక్కష్టాడి ముంం వీరి
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అంచియాది.

"అ ఉత్తర తైలూ పూర్తిమే శిరాదూ!"
అంచు మంచుకు వీపు అంచు అంచు వీరి
రో ఉత్తరం చదివి, కంగారుపడి వ్యక్త అచ్చి
కూడా అ మాతో వంచండం అంబక్కరో
అని రఘుపదుతూ అశంక్రి వెంటనే వ్యాపి
మ్యాపి పంచించేకాదు.

ఉదమంచున్నా అచుగులో ఇంచుకు వీరి
చాదు రాపుక్కష్టాడు. ఇంచు అంబాపిద్దర్ కారు
అంచింది. రఘుం రఘుంగా వేరి కారు ద్వారా
వించిచ్చడు. వెంటనే కారు దోర్ రెదుచుంది.

రంబోంచి ఒక వెంట రాపుక్కష్టాడీ కోర్కో
అంచుగా లాగింది. అతను భారించడి కారులో
పున్న ప్పెంతో ముంం మాపి అంబ్ర్యూలో అని
క్ష్రూలువేయాడు.

* * *

మర్మాదు యాచావిద్దిగా అంతమికి హాజరైన రామ,
పున్నాడీ మాపి అంచు ప్పెంతోయారు.

"ఎమియ్యు ఇంకావీ! పోసులు విష్ణు
అర్చస్సు వెయ్యేయా!" అంచు అంబ్ర్యూగా
అంగాడు అంతము.

రాపుక్కష్టాడు పెసుపదుతూ, "అర్చై చేంది
పోసులు కాదు ఏర్! మా అంగా!" అమ్మాడు.

"స్ట... పరి పీ అవిడ రోం అంకి వ్యాధు
కాద అ అర్చస్సు వారెంటులో".

"అమె నా మహము దోషకుపి రోం అంచు
దు ఏర్".

"చా రాస్తందే! పరి పీ వ్యాంపిద వాత
శేమి ఇంచుడనేం?" అంచు అంబు అంబ్ర్యూ
రఘుంచు కంపిపుకు మాటలు ప్పాగించడు
అంతము.

"అమె... అమె ఇంచుడు ముర్దులు ఏర్"
అంచు ప్పెంతో పోశికలు లింగించేయాడు రామ
పున్నాడు.

"అంబ్ర్యూగా పుండీ!" అంచు అంబులో
రామ అంచు కోర్ పొచు.



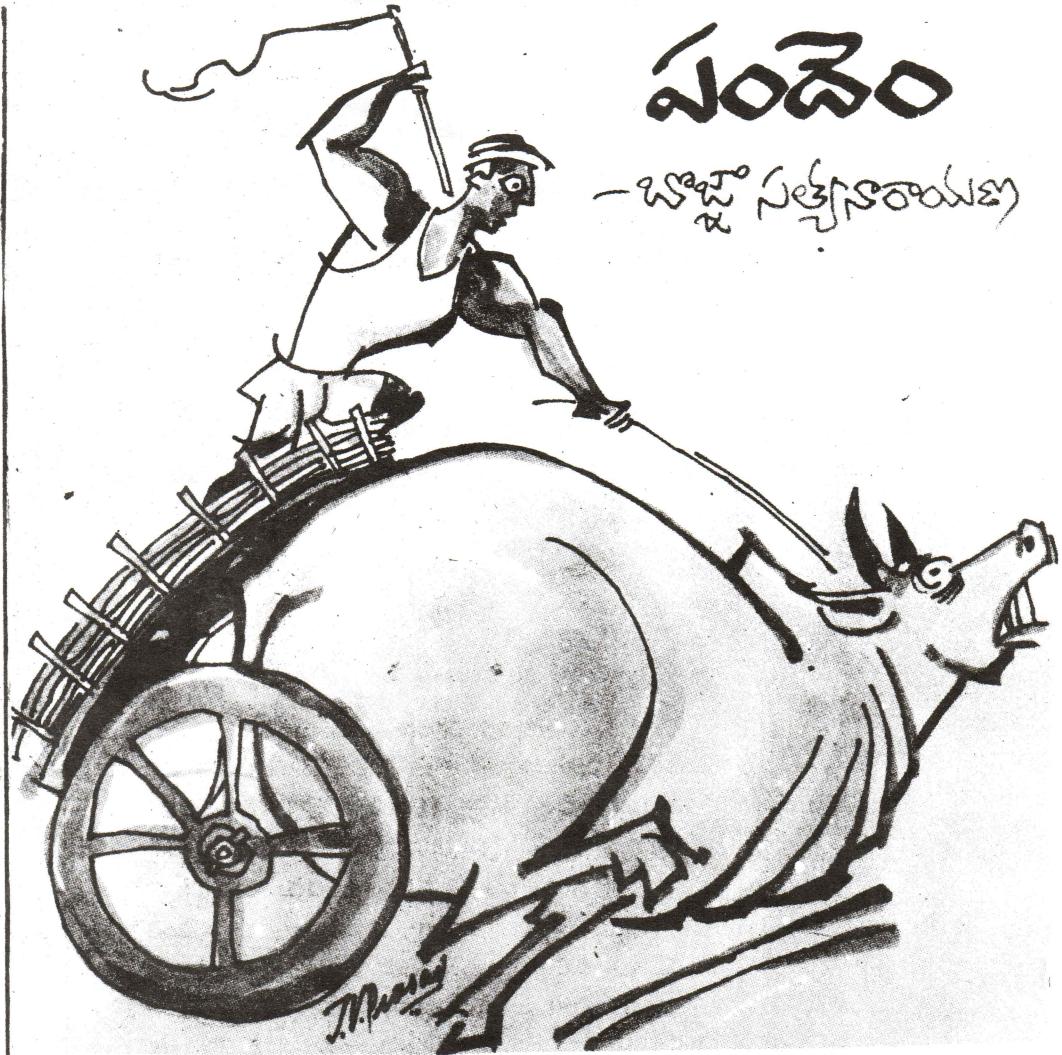
అమోంపాది

ఓ పథో రెపుపేయ క్రమించి వెంకు
అం.

"మేమ వెంకున అమోంపాదిపి గ్ర్యూగా వెం
కుమ"

"మరి పెంచండుకు మేమకువ్వుటో?" పథో
మండి వింపించింది.

- పథోల్, మాంక్రూరం



పండం

- బ్లోగ్ స్క్రోన్ రాముణ్

ఓలి! పేపులమ్మ! బేగో రామె వ్యాప్తమొచ్చీ వాగుంది" అంచు ఎర్కువాయుడు
విర్గా కేక లేసేదు.

పేములమ్మ వచ్చే జూడ కనిపించలేదు. నాయుడు విష్ణులు తోకివ కోతిలా
చిందులు వేమ్మన్నాడు.

"పీపు పేత్తున్నాచేయి, నామ కంగారుడన కోర్కె అర్పిం
చేత్తున్నాచు? వందావికి పెద్దములు ఎద్దు మీద కణ
వాలచే మొంచలేక పెద్ద ఆప్పువంటో కోలేకాదు.

వాయుడు పడుతున్న కంగారుంచా పారించి ముచు
లమ్మ మాంచింది. "పీ బా నాయుడూ ఉరికి మర్కల్లు
అదయోప్పేత్తున్నాచు?" అంది.

"ఒం ముచ్చేయి! పెవ్వంతో పుడ్లుగా?" అని
ముముకు అచుకొన "మాడే, బ్యా! బేగో ఎందురాము
అంచే లింగుక్కొడి పెంచుగా లోపుంచి రాముం
చేయి" అమ్మాడు మెంగు.

"పీపు వాయ్యు, పీ అంచు మాట్లాడే పేత
శించి గెత్తువా మచ్చే పండెం క్రొగుప్పావు?" అంది
ముందు కాతురు,

"మరేచుకువ్వుమ్ము! మా ఎద్దుంచే అఖాంతో
చెరు ప్పీంగ్".

"అమ్మే! ఎంత ముత్తుము నేపా మునిలి ముత్తాలు,
కాదు కాట్లుగా!" పెదువి వింపింది అమ్ములు.

"పీపేయి, పంకెగ్గుప్పి! నా ఎద్దులు ముత్తువా?
నాయుడు కాదే ముత్తుం పుడ్లు, అమువం కావాలే!
మాం మిలో ఎడే, మాంగ్ నా సాపిరంగా!" అని
పెరాలు చెప్పించాడు.

"పీ! పీ జమ్ముడ్చేయు" అంది పీగు వదుతూ.

"పందే రక్కుల్లా నాయుడూ!" అంగింది
ముందుమ్మ.

"పోరం"

"ఎంగారు బగుచువం వ్యుక్కొర్కుమ్మమ్మాబు"

"అర్పా రెల్లిపాయు, ఇంగు ఉంచలు, గంచులు
చుత్తుల బగుచువంగా ఇత్తున్నారు" అంచు పోవే
పున్న అర్చం కండూ పడత లోప మంచి విష్ణు
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పిప్పిక్కొచ్చేయి మంచి వేకచేత్తున్నాచు?" అని
నాయుడు ఎద్దు మాపుపుచేపు మాచేడు. "ఎంక
ప్పుపీ! పీ ఎద్దు పంచి పాపి నా ఎద్దు పీగు వట్టుందే.
లోకెళ్లు" అమ్మాడు పాప్యం కోండించి.

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చైచెప్పి" అమ్మాడు.

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Odors play a complex role in our lives. Odor is the sensation of smell caused when the *olfactory cleft*, containing over 10 million receptors high in the nasal passages, is stimulated by gases and vapors. Smell is important in the enjoyment of food, the attraction of one person to another, and in evaluating the cleanliness of our surroundings.

Odor perception is subjective; what appeals to one may nauseate another. What may be a pleasant odor in one context may be not so in another. The aroma wafting from a fresh loaf of bread or a fresh pot of coffee carries a heavenly message to the person getting up from bed, while the lingering odors from cooking or smoking are certainly not welcomed by everyone. Although one odor may seem more pleasant than another, virtually all odors become unpleasant when perceived in high concentrations. While words like aroma and flavor leave a positive impression, the word *malodor* means an undesirable scent. Malodors can signal poor, and unsafe conditions.

HOUSEHOLD ODORS: Baking soda and charcoal are two common substances to help in our battle to control undesirable household odors. An open box of baking soda in the refrigerator can control food odors. Did you know that pieces of charcoal in shallow open containers will absorb more odors better than baking soda? Charcoal can be used to control odors in other parts of the house too. If you are a smoker, try charcoal to remove tobacco odor; make sure the open charcoal containers are placed out of reach of children and pets. Replace the charcoal periodically for best results.

BODY ODORS: Every adult, from head to foot, has a unique scent; it is almost like a fingerprint. It is by this scent a bloodhound recognizes the criminal it's tracking. Infants recognize their mother by this smell. No amount of washing or perfumes can disguise this smell.

When one talks about body odor, they mean "bad" smells coming from the mouth, underarms, genital area, and feet. Bad breath, or halitosis, is usually the result of salivary juices acting on leftover food trapped in the mouth. Washing the mouth after eating, regular brushing, and flossing are normally sufficient to control this kind of odor. Certain foods such as onion and garlic, as well as tobacco and alcohol, produce odors that linger on in the mouth despite brushing. But chronically bad mouth odors may be due to dental and gum diseases or due to an infection of the sinus cavity.

GARLIC and ONION ODORS: Onions and garlic, "lilies of the kitchen," do not smell like lilies. In fact, garlic has long been better known as the stinking rose.

Garlic has the added reputation to ward off viruses, bacteria, vampires as well as neighbors. It is especially notorious because garlic enters the body through the mouth and its odor exits through the skin. This is why it is so difficult to tolerate, even the proximity, of heavy garlic eaters. If you think that my opinion is biased, let us see what others think. "Eat no onions nor garlic, for we are to utter sweet breath" is Shakespeare's prescription to bad breath. "Lest your kissing should be spoiled, Your onions must be thoroughly boiled" is the more humane prescription from Jonathan Swift.

In spite of this bad billing, garlic is considered good for your health. After all, there is some wisdom in the age-old Telugu proverb, "*ulli chesina melu talli kooda cheyyadu*," which means that "even a mother cannot help the way a garlic can." Is there any truth in the belief that garlic can ward off viruses and bacteria? Dr. Benjamin Lau, M. D., Ph.D. of the Loma Linda University School of Medicine, an institution run by Seventh Day Adventists, a religious group who neither smoke nor drink and many of whom are vegetarians, believes that garlic is effective against viruses, bacteria, spirochetes, molds, yeasts, and parasites. There is also a general belief that garlic is useful in lowering the blood cholesterol level and in controlling hypertension.

Does this mean that we have to smell bad to feel good? Dr. Isao Sakai, of Japan, who holds dozens of patents on odor control, took more than a decade to develop "sociable garlic." His patented discovery consists of a special solution containing "natural silica and organic plant sources" that neutralizes the substance in garlic that reacts with body chemicals to produce odor on the breath. In this process nothing is added to the bulbs, only the odor causing ingredients are removed. This appears to solve the problem of those who love garlic in their foods and who pray that their friends love them too. Indeed, Kyolic garlic, in capsule form, has no odor at all. If you are only interested in the health benefits of garlic, then this is a way to go. Another effective way of combating mouth odors resulting from foods is to chew green leafy stuff high in chlorophyll - a natural breath freshener. This is the reason behind the Indian custom of chewing *pan*.

OTHER BODY ODORS: Body odor below the neck line is primarily due to perspiration. Sweat, which is produced by the apocrine glands, has no odor; it is 99% water with traces of salt. When exposed to air, it quickly evaporates. When clothing or high humidity reduces evaporation, waste products of bacteria on the skin mix with sweat, and that produces bad smell.

Combating malodor is a major challenge faced by the manufacturers of cosmetics and perfumes. One challenge is that scent glands differ from race to race and from males to females. George Pretti of the Monell Chemical Senses Center in Philadelphia analyzed the bacterial wastes and isolated more than three dozen

chemical compounds that can be odiferous. The biggest culprit among these is the compound with a mouthful of name -- 3-methyl-2-hexenoic acid. Of the two-types of skin bacteria that feast on the secretions from the apocrine glands, the one that produces the strongest and most pungent odor is affectionately called, lipophilic diphtheroids. Why do scientists choose to work on the excretions of such bizarre creatures? You see, manufacturers are desperate for the molecular model of the chemical that produces the offending odor. Using these models they can test new formulas for deodorant ingredients that more effectively block bad odors.

How do you combat the lingering foot odor that is left in the shoes long after the dirty sox are removed? An old fashioned way is to stuff the offending shoes with small cotton bags filled with bits of charcoal. A fancier and more expensive method is to buy Odor Zappers, bags filled with a mineral of the zeolite family, being marketed in the U.S. The chemical absorbs both the moisture and the odor. The bags can be regenerated by hanging them in the sun for a couple of days.

Regular bathing with soap and water and regular changing of clothes and sox is the best method of controlling body odor. Avoid wearing tight fitting clothes made with synthetic fabrics that cannot "breathe." Deodorants, like aluminum chlorhydrates, isopropyl palmitates, and cyclomethicones that make up most of the cosmetic roll-ons and sprays, can help by slowing bacterial growth. Anti-perspirants can also help by blocking sweat ducts. Recently, a new product, called *Le Crystal Natureal*, made in France, entered the U. S. markets. It is a natural mineral rock - processed into consumer sized bars. Simply moistening and rubbing the rock against the skin helps kill odor causing bacteria. A 6-ounce stone costs \$15 and lasts about a year. If this sounds like a bit too much to your budget, gently rubbing the body with a handful of clean soft coconut fiber will just do the trick. Perhaps there is some wisdom in the age old Indian custom of taking a weekly "oil" or *abhyangana* bath. The process of applying oil and subsequently removing it with a paste made out of coarse rice flour is India's *Le Powder Natureal* sans Madison Avenue.

Heavy reliance on chemicals is not advisable; perfumes, in moderation, in conjunction with good daily hygiene is a good solution to the body odor problem. It is neither possible nor desirable to try to completely eliminate body odors. You don't want to kill helpful bacteria on the skin while trying to kill the harmful ones. Some olfactory researchers at England's Warwick University recently found that a compound in sweat, Osmone 1, actually works as a substitute for a tranquilizer. Finally, what if future researchers tell us that odor producing chemicals on the human body also contain pheromones, the chemicals that attract the opposite sex! Clearly, there is more to this than meets the nose.



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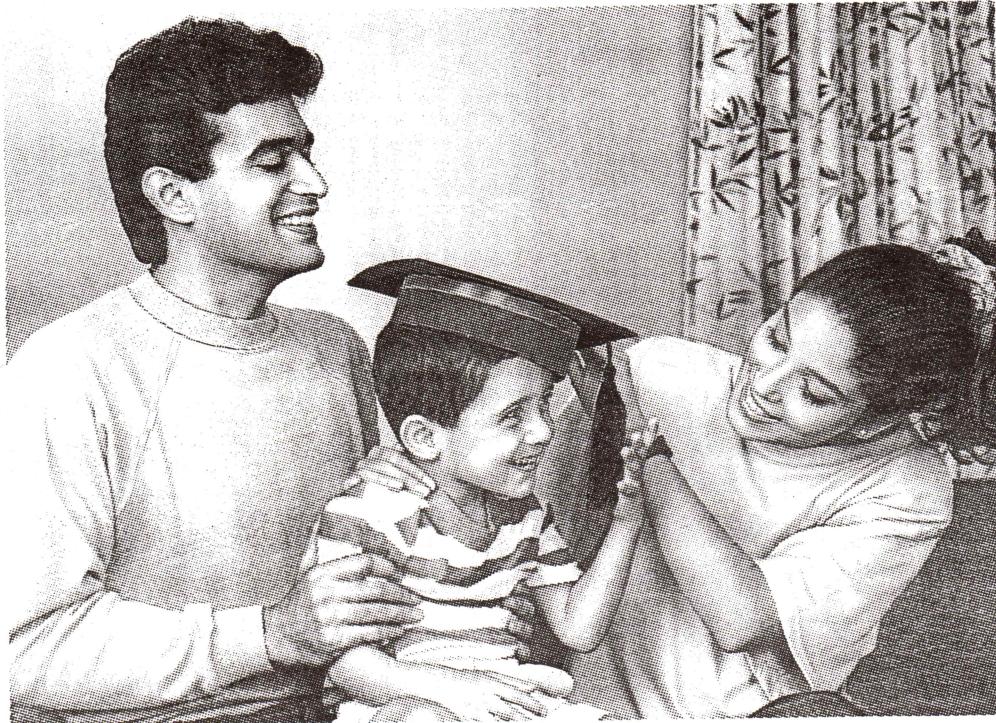
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Please mail to: Mr. Anil Chaturvedi, Vice President & Senior Representative (Americas), ANZ Grindlays Bank, 120 Wall Street, New York, NY-10005, USA. Tel.: (212) 820-9800/1-800-6767-NRI

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ANSWERS TO THIS MONTH'S 20 QUESTIONS

1. The first railway train ran on Indian soil from Bori Bunder (now Victoria Terminus, Bombay) to Thane, a distance of 21 miles on 4/16/1853.
2. India uses all three gauge systems- Broad Gauge (5'6" width) 56%; Metre Gauge (3'3/8" width) 39% and Narrow Gauge (2'6" width) rest.
3. There are more than 8000 stations and more than 1.8 mil employees. The Indian Railways ^{Moving} about 400 mil tones of freight a year and by the end of 1994, they are expected to move as much as 445 mil tonnes. The Indian Railways are among the very few financially viable Railways of the world.
4. Indian railways are the largest network in Asia (more than China) and the second largest in the world (next to USA) under single management. It has nine Railway zones and 58 divisions.
5. On an average, everyday 11000 trains run with 11 million people and over 900,000 tonnes of freight. They cover a total daily distance equivalent to nearly 35 times around the world at the Equator.
6. The Indian Railways have 6 major production units manufacturing their own locomotives, coaches, wheels, axles etc. Chittaranjan Locomotive works in West Bengal produces both steam and electric engines. Locomotive works at Varanasi produces diesel engines. Integral Coach Factory at Madras produces coaches for both broad and metre guages. Coach Factory at Kapurthala also produces coaches, mostly broad gauge type.
7. Now that India is going for electrification of most of its broad gauge trains, the steam locomotives are being sold to other countries and those that are useless are being used as scrap metal for making railway tracks.
8. At Ghoom (North Eastern Railway) you have the highest altitude Railway Station (narrow gauge), while at Similguda, the station is nearly 1000 meters higher than sea level, again the highest in the world (broad gauge).
9. No; although USA is the leader, USA is not expanding its railway lines, while India is still increasing its railway lines since it is a very viable and commonest mode of transportation for a common man. Therefore, one day, India may become the first.
10. Khargapur, South Eastern Railway with platforms as long as $\frac{1}{2}$ mile
11. In the 7th and 8th Plans, India proposes to operate 4500 Tonnes freight services at double the existing speeds; operate passenger services at 160-200 kmph at least on the super-express trains etc.
12. Evolved, more or less, on Railpasses of other countries (for foreigners) Indian Railways issue Indrail passes to be purchased in dollars or any hard currency. They can be bought in the foreign countries or even in India at certain stations. A tourist travelling on Indrail Pass is exempt from paying reservation fee, sleeper charges, supplementary charges etc.
13. No; especially certain superfast trains and holiday specials do not.
14. Yes, at certain stations with ID and passport and hard currency.
15. Rajadhani Expresses running between Bombay and Delhi as well as between Delhi and Calcutta, are considered fastest.
16. There are many areas not yet covered by railways, especially about 50% in Andhra Pradesh and 30% in Madhya Pradesh, 30% in Orissa.
17. Simla, Darjeling and Nilagiris are serviced by Narrow Gauge system.
18. Deccan Queen, in 1929, from Kalyan to Poona was the first electric train.
19. Railway Staff (training) College is at Baroda.
20. Indian Railway Institute of Railway Engineering is at Secunderabad.

Answer to September 1992 Question of the Month

Q: Which is the first American made consumer product marketed in USSR?

A: Pepsi (1959).

October 1992 Question of the Month.

K.V. Rao

Q: Who coined, for the first time, "the ten most wanted", "the ten best dressed", "the ten richest", "the ten worst dressed" etc?

(Answer in the next month's issue.)

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