

## Editorial

We discussed many things in the last issue of Manogat. In the feature on health, we saw that by taking timely and proper care of eyes, ears, nose, body; we can prevent many diseases. You must have understood many tricks and ideas for business from Harba-Kerba dialogue. From the last issue, we have started the new feature 'Is my home happy?', which is based on household relationships. We keep writing about things happening around us in India and abroad in the editorial. Besides, we make a resolution every month through the feature 'Tip of the month'.

In order to understand your response, we are keeping a suggestion-book in our office from this month. Those who are really benefited by reading 'Manogat' may write their opinions and responses in the book. These are a few tips for writing opinions :

- Do mention if you want more information about any topic.
- Do write if you have implemented any tricks or suggestions given in 'Manogat'
- Do write if you have started practicing something that you read in the features of 'Manogat'.
- Do write if you have made a resolution according to the 'Tip of the month'.
- Also, do write if you liked the present issue, which feature you liked the most and why.
- Write about your experience if you have told anything from 'Manogat' to your friends or children.
- If you are illiterate, ask a person from our organization to note down your response.

Every month, the best response or opinion will be given a prize and the response will be published in 'Manogat'.

You can also respond by post. Don't forget to mention your name and address in the letter. The address for correspondence is given. So, see you soon. Manogat is waiting for you every month.

## The times are special



Harba : Hello Kerba

Kerba : Hello

Harba : Wow, new clothes today?

Kerba : Oh no, not new. But you see times are changing. I have to dress well for business.

Harba :Yes boss, The times are really changing. Earlier nobody entered our vegetable business. But now, the youngsters are working part-time and earning money.

Kerba : That's true Harba. But you are doing well now, isn't it?

Harba : No, not very. The competition has increased so much that the customer doesn't miss us. If I don't go, somebody else will. So, we have to sell even at lesser price to the available customer.

Kerba : Competition is seen everywhere. Even doctors! There are so many on a street. But the interesting thing is, every doctor examines only a particular disease. If the disease is different, they send to another doctor.

Harba : Yes, but their case is different.

Kerba : See Harba, we should keep such special wares that the customer should come to us even from a distance. What do you say?

Harba : But the customer for such special ware will visit only occasionally.

Kerba : I don't mean that. One has to keep the ordinary saleable ware but there should be one special thing that is unique and that isn't available anywhere else. In that case the customer will even pay more for the item.

Harba : Wow, this is a good idea. How can you think of such things?

Kerba : If you remember your 'Tikdam', you can think of everything automatically. Ok, see you again. I am getting late.

Harba : Yes, see you again and don't forget to send your wife to buy 'Harba-special' vegetables from me.

Kerba: Oh sure (smilingly), Harba-special vegetables, wow!

(Which two tricks did Kerba tell Harba to match with the changing times?)  
Answer in the next issue.

## Our Health is in our hands!

### Don't ignore your throat and nose!

Generally we ignore cough, cold, sore-throat, nose-bleeding. But if these symptoms are frequent, it is better to visit a doctor. Besides, if there is trouble while breathing or swallowing food, it shouldn't be ignored.

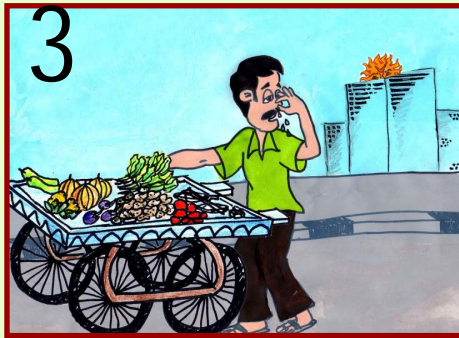
In summer, many suffer from nose-bleeding, especially those who work for long hours in the sun. On seeing the first picture, it will be clear how important it is to wear a cap on the head and footwear and carry a water-bottle while going out in sun. Also, some rest beneath a tree is also essential.



Now see the second picture. There is pollution in the first place and this great man is smoking on the top of it! So much of dust around is entering his nose and mouth. We cannot control pollution but we can atleast avoid smoking. Some vegetable-vendors sit by the road-side to sell vegetables. They keep sprinkling water around them. Can you tell if this is beneficial?



The scene in the third picture is very common. This vegetable-vendor will give vegetables with the same hand he used to clean his nose. It is good to clean one's nose but should it be done like this on the road? Cleaning nose, spitting on the road are some harmful habits.



Now see the fourth picture. Sometimes when we return home tired or are busy, we ignore children. But that can be very dangerous. Children can never sit idle. May women who do stitching, knitting jobs, keep their needles, beads on a high rack. There are many cases of children putting groundnut, chalk, stone in their nose.

We breathe with our nose and throat is necessary to take the food to the stomach. So it is necessary to keep these parts healthy. Therefore, it is not wise to ignore the throat and the nose.



## Is my home happy?

### Yours and mine...

Is your home happy? Aparnatai asked this very question in the meeting of the savings-group. Every lady told about small problems in her house. Some said that their husband beat everyday and some didn't get along well with their mother-in-laws. Everyone got engrossed in the talk. When Sujata said that her husband is angry and is not speaking to her, everyone had a hearty laugh. Sujata's husband is a connoisseur. He likes to have good food everyday. Sujata is not a very good cook and so there is always something wrong with the food. Everyday her husband criticizes the food. One day, she got irritated and asked why he didn't cook himself everyday. Her husband got wild and stopped speaking to her because of this.

Aparnatai also couldn't control her laughter. She told everyone what is the root-cause behind such fights in husband and wife: In most of the houses women have to cook, even when they are not well. Many things are thought to be lady-like and become the woman's job. So many pregnant ladies in the locality are seen carrying two pots of water overhead. In many houses, men rest and watch television after returning from work but the ladies have to immediately take up house-work, once they return home. Men can participate in many household chores like bathing the kids, dropping the children to school, cleaning vegetables while watching television, making the child study, setting the table for food and so on. But men don't do these things as they think these jobs are lady-like. They prefer to remain in their traditional role. This affects the husband-wife relationship. If both share duties, help and understand each other rather than segregating things like 'yours and mine', co-living will be such a pleasant experience.

Aparnatai's speech was over. Every lady was full of a new enthusiasm. Sujata had resolved to break her husband's silence. She had taken the first step to bridge the gap between them.

### Tip of the Month

Injurious colours and teasing is discarded...  
With sprinklers of happiness  
Rangapanchami is heralded.