

changing his tastes: even his choice of food which would give him full satisfaction in totally revolutionised.

WHAT TYPE OF FOOD WOULD MEN OF DARKNESS (TAMAS) CHOOSE?

10. *That which is stale, tasteless, putrid and rotten, refuse and impure, is the food liked by the 'TAMASIC.'*

(*Yaata-yaamam*) --- A day is divided, in our old calculations in the *Shastras*, into eight *Yaamas*, wherein a period of three hours constitutes a *Yaama*. Therefore, food cooked three hours earlier, 'gone cold' is that which is considered as spoiled. In these days of canned food, preserved fruits, stored vegetables and refrigeration facilities, almost a substantial majority of us have come to love stale food.

TASTELESS (*Gata-rasam*) --- In South India, we find a peculiar hunger for taking rice that has been kept soaked in water the previous night. The next morning, it becomes both stale and tasteless. I suppose, in the north, some like old *roti*.

FOUL-SMELLING (*Pooti*) --- Men of inertia have a natural liking for stinking food that has an insufferable smell for others. The *pulav* of the modern tables perhaps belongs to this category; so too, prawns --- we can multiply examples. 'Men of purity,' however, would instinctively