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distributing free clothes at the hospital. Care should be taken to protect the Jarawa from curious settlers and visitors.

(15) A group of doctors and anthropologists should together work out a strategy to wean the Jarawa away from alcohol and tobacco. Regular medical screening of all — social workers, labourers, police — who work inside the Reserve or interact with the Jarawa should be carried out. Counselling sessions should be held to warn these people against the use of addictive substances, especially when they are within the Reserve. Researchers and VIPs who enter the Reserve should also be screened.

(16) Settler villages surrounding the Reserve need to be constantly monitored for their health situation. Precautionary measures should be taken to ensure that infectious diseases do not spread to the Jarawa.

(17) Of late, the Jarawa have started using aluminium utensils to boil meat; the health impact of this needs to be studied.

(18) Alien crops and wildlife should not be planted in the Reserve and the Jarawa should not be introduced to alien foods specially those that contain salt without prior research. Periodic food availability surveys should be conducted within the Reserve to ensure that there is no scarcity of food. Government should not indiscriminately dole out free rations.

(19) All cement bags, tar cans, plastic containers and other materials used for ATR maintenance should be removed from the Reserve regularly. The Jarawa should be sensitized to the harmful effects of using these materials as food containers.

(20) There have been reports of water stress in Jarawa areas. The availability of water within the Reserve needs to be augmented so that the Jarawa are not forced to come to settler areas for water.

(21) The Jarawa should not be engaged in plantation work as it may dissuade them from foraging and adversely affect their metabolism.

⁵ Traditionally the Jarawa consume a very high fat diet without any salt and yet there is no incidence of obesity among them. The Jarawa also do not have any blood pressure problems and experts fear that introduction of salt and other foodstuffs will adversely affect their metabolism and blood pressure.