

# Towards a hunger-free India

**R.V. Bhavani<sup>1</sup> and M.S. Swaminathan<sup>2</sup>**

<sup>1</sup> Director, Food Security and <sup>2</sup> Chairman, M.S. Swaminathan Research Foundation, Chennai, India

---

Correspondence address: R.V. Bhavani, M.S. Swaminathan Research Foundation, Chennai, India.  
Email: bhavjoy@gmail.com

*Hunger and malnutrition are major challenges facing the world today and it is unlikely that the UN goal of reducing hunger and poverty by half by 2015 will be reached. In terms of numbers, South Asia and India account for a large chunk of the undernourished. The paper discusses the food and nutrition security situation in India from the perspectives of food availability, food access and food absorption – the three pillars of food security – and presents a six-point action plan for making India hunger free.*

## **Introduction**

It is estimated that 1.02 billion people were undernourished worldwide in 2009. This represents more hungry people than at any time since 1970 (FAO 2009a). Given this scenario and the recent specter of rising food prices followed by the economic crisis, the World Food Summit target of reducing the number of undernourished people by half to no more than 420 million by 2015 is unlikely to be achieved. The same is true with reference to the UN Millennium Development Goal (MDG) No.1, which calls for reducing hunger and poverty by half by 2015.

Across the globe, South Asia is home to more chronically food-insecure people than any other region. By far the greatest contribution to the number of undernourished people in South Asia has come from changes in the state of food and nutrition insecurity in India. As per the latest FAO Report, in 2004-06 29 per cent of the 872.9 million undernourished people in the world were in India (FAO 2009a). The UN MDG Report states that ‘Southern Asia has the highest incidence of low birth weight in the world – a quarter of newborns weigh less than 2500 grams – as well as the highest prevalence of underweight children’ (UN 2009).

Given that India’s population is likely to reach 1.5 billion by 2030, the challenge facing the country is to produce more and more from diminishing per capita arable land and irrigation water resources and in the face of expanding abiotic and biotic stresses. India currently produces about 230 million tons of cereals to meet the needs of a population of 1.15 billion. While calculating food requirements, the needs of farm animals are often overlooked. Cereal production has to be doubled by 2050 in order to meet the needs of the expected population of 1.8 billion and the needs of livestock and poultry (Swaminathan, 2009b).

We focus here on the food and nutrition situation in India today and the measures needed to address it. Where other developing countries are in a similar situation our suggestions may also be relevant. Food security implies physical, economic, social and

environmental access to balanced diet, and to clean drinking water for every child, woman and man. Physical access is a function of the availability of food in the market and is related to both in-country production and imports when needed. Economic access is related to purchasing power and employment opportunities. Social access is conditioned by gender equity and justice. Environmental access is determined by sanitation, hygiene, primary healthcare and clean drinking water. Thus, both food and non-food factors determine food security (Swaminathan 2009a).

A brief account of the situation in India today with regard to food availability, food access and food absorption, the three main determinants of food and nutrition security, is discussed in the paragraphs that follow<sup>1</sup>.

### **Food availability**

Agriculture in India today is in a state of crisis. A national survey some years back revealed that, given a choice, 40 per cent of farmers in India would like not to be in farming. Farming is increasingly seen as an unviable activity, characterized by rising input costs and un-remunerative prices. Indian agriculture is at the crossroads today on all fronts – there has been a failure of support systems across the board, particularly quality seed availability, timely credit, extension services and remunerative prices. The most serious manifestation of this has been suicide by farmers in some parts of the country. The gamut of issues to be addressed covers all aspects that impact on agriculture, including: an unfinished agenda of land and asset reform, poor soil health, lack of adequate and timely institutional credit, lack of access to insurance, inadequate water access and quality, technology fatigue, as well as inadequate efforts in education and extension, and the consequent drop in factor productivity and lack of opportunities for assured and remunerative marketing. Faced with all this, the farmers' income takes a beating<sup>2</sup>.

Globally, India is the third largest producer of cereals, with only China and the USA ahead of it. Between 1950/51 and 2006/07, production of food grains in India increased at an average annual rate of 2.5 per cent compared to the growth of population, which averaged 2.1 per cent during this period. Warding off doomsday predictions of hunger and famine, India came to be in a situation, following the Green Revolution in the late 1960s, where we hardly had to resort to food grain imports between 1976 /77 and 2005/06, except occasionally. The rate of growth of food grain production however decelerated to 1.2 per cent from 1990 – 2007, lower than the annual rate of growth of population at 1.9 per cent. The per capita availability of cereals and pulses consequently witnessed a decline. The per capita consumption of cereals was observed to have declined from a peak of 468 grams per capita per day in 1990/91 to 412 grams per capita per day in 2005 /06, indicating a decline of 13 per cent during this period (Government of India 2008). Food grain availability declined by 4.5 per cent between the two periods 1991 – 2000 and 2001 – 2005, after showing a lower rate of increase in the period 1991 – 2000 as compared to that in the period 1981 – 1990.

---

<sup>1</sup> This section draws on the Report on the State of Food Insecurity in Rural India, MSSRF-WFP 2008.

<sup>2</sup> The country adopted a National Policy for Farmers in November 2007, based on the recommendations of the National Commission on Farmers, which puts emphasis on the income and economic well-being of farmers.

The growth of food grain production during the 1970s and 1980s was largely due to institutional efforts in raising the levels of technology used in agriculture through research and extension, investments in rural infrastructure and human capabilities, credit support, procurement at minimum support prices and the strengthening of supportive institutions like the Food Corporation of India (FCI). From the early 1990s however, there has been a focus on expenditure reduction, resulting in decline in public investment and in other forms of support to the agricultural sector. As against an average of 3.8 per cent of the country's net national product (NNP) spent on rural development per year during the Seventh Five Year Plan (1985 – 90), the share of spending on rural development was down to 1.9 per cent of NNP in 2000/01 and rose only to 2.3 per cent in 2004/05<sup>3</sup>. It has been estimated that in constant 1993/94 prices, about Rs 30 000 crore<sup>4</sup> less was being spent by 1999/2000 compared to 1990/91. As a result of the decline in public investment, expansion in irrigation, growth in input usage and technological improvement, all slowed down during the 1990s (Patnaik 2006). This was further compounded by low public investment on agricultural research.

### Food access

On the access front, India is facing a major crisis of unemployment, which has been reinforced by declining rural development expenditure and decreasing agricultural growth rates. Patnaik (2004) calculated the proportion of rural development expenditure which includes expenditure on agriculture, rural development, special areas programme, irrigation, flood control, village industry, energy and transport. She found that, as a proportion of Gross Domestic Product (GDP), this had declined from 11.7 per cent in 1991/92 to 5.9 per cent in 2000/01.

Rural employment grew at a rate in excess of 2 per cent per annum between 1987/88 and 1993/94, but grew far more slowly at 0.66 per cent between 1993/94 and 1999/2000. There has been an increase in the rate of growth of rural employment (1.97 per cent) between 1999/2000 and 2004/05, as seen from the 55th and 61st survey rounds of the National Sample Survey Organization (NSSO), but this has gone along with an increase in self-employment and in informal sector employment, with negative implications for quality and terms of employment and average earnings. All this suggests a severe contraction in the availability or adequacy of livelihood opportunities in the rural sector. The Report of the National Commission for Enterprises in the Unorganized Sector (NCEUS 2009) also reiterates this emphatically; 77 per cent of the population in India in 2004/05 was in the 'poor and vulnerable' category and spent Rs. 20 per day (less than half a dollar) per capita, or less, on consumption (Sengupta et al 2008). This expectedly would impact upon these households' entitlement to food, particularly through constraining the choices open to them to transform their original endowment set into an entitlement set

---

<sup>3</sup> Rural development spending is defined to include plan outlays of the central government and states under the five heads of agriculture, rural development, irrigation and flood control, special area programmes, and village and small industry.

<sup>4</sup> One US Dollar is approximately equal to 46 Indian Rupees (Rs) at current rates and one crore is the equivalent of 10 million

containing enough food. The State of Food Insecurity in the World 2008 emphasized that 'higher food prices hurt most the poorest of the poor, especially the landless poor and female-headed households in both urban and rural areas. Higher food and fuel prices forced families to choose which type of asset to sell first, and which family member (mother, child or key labourer) should pay the price in terms of reduced health care, education or food consumption' (FAO 2009a).

### **Food absorption**

Absorption or outcome indicators, such as the proportion of children underweight for age, indicate the health and nutrition status of the population. As highlighted earlier, India houses a huge population of malnourished persons. Several studies have established that high levels of malnutrition have a negative impact on productivity and economic growth. According to UNESCO's Global Monitoring Report 2007, 47 per cent of India's children are malnourished. As per the latest round of National Family Health Survey (NFHS-3) 2005/06, 39 per cent of rural women in the 15 – 49 age group, suffer from chronic energy deficiency and 58 per cent are anaemic. Among rural children in the 6 – 35 months category, 81 per cent are anaemic, 41 per cent are stunted, 49 per cent are under weight and 20 per cent suffer from wasting – all indicators of chronic and acute undernutrition. Stunted growth is a primary manifestation of malnutrition in early childhood including malnutrition during fetal development brought on by a malnourished mother. The effects of stunting are irreversible. Clearly, concerted efforts are needed to break the vicious circle (mother – child – mother) of malnutrition among the poor. The high levels of malnutrition are also pointers to the poor state of maternal and child health-care services in India. Only 44 per cent of children in 12 – 23 months category were reported to be fully vaccinated, and 5 per cent had not received any vaccination (NFHS-3). Some of the important non-food factors that affect undernutrition and malnutrition are access to health services, access to quick and effective medical attention, knowledge of nutrition, appropriateness or otherwise of nutrition practices pertaining to dietary patterns, childcare, sanitary arrangements, provision of safe drinking water as well as water for other needs, and eradication of infectious epidemics. Morbidity reduces the ability of a person to take food and digest the food taken.

### **The challenge and the solutions**

The existing scenario makes meeting the UN MDGs look like a daunting task. But the challenges are not insurmountable. India warded off doomsday predictions by the Paddock brothers in the late 1960s (Paddock and Paddock 1967) and went on to usher in the Green Revolution that led to self-sufficiency in food grain production. Only in recent years has food availability again become an issue of concern. One of the terms of reference of the National Commission on Farmers (NCF), a statutory body set up by the Government of India during the period 2004-06<sup>5</sup>, was to recommend a strategy for food and nutrition security in India. In a chapter called 'Making hunger history'<sup>6</sup> the Commission proposed a six-point action plan for

---

<sup>5</sup> M S Swaminathan was the chairman of the Commission

<sup>6</sup> NCF Fifth and Final Report, Vol I, Chapter II, [www.kisanayog.gov.in](http://www.kisanayog.gov.in)

**Table 1:** Yield of principal food grain crops in different countries in 2006 (kg/ha).

Country	Crop		
	Paddy	Wheat	Maize
Brazil	3868	NA	3383
China	6265	4455	5365
India	3124	2619	1938
Indonesia	4772	NA	3470
USA	7694	2825	3629
Japan	6336	NA	NA
Egypt	10 598	6455	7887
Canada	NA	2589	8480

Source: Ministry of Agriculture, Government of India  
[http://dacnet.nic.in/eands/At\\_Glance\\_2008/DifferentCountries\\_new.html](http://dacnet.nic.in/eands/At_Glance_2008/DifferentCountries_new.html)

addressing the triple issues of availability, access and absorption to ensure food and nutrition security (NCF 2006). The components of the action plan are discussed in the sections that follow, in the context of the current situation in India.

### ***I. Enhancing the productivity and profitability of small holdings***

The Green Revolution had been largely confined to irrigated farming areas and to rice and wheat. The per-unit area productivity of Indian agriculture today is much lower as compared to other major crop-producing countries, as can be seen from Table 1. There are also wide gaps in the yield among and within States.

China has yield rates far ahead of India in all the three major food grain crops cultivated<sup>7</sup>. Factor productivity in relation to fertilizer application is low and this enhances the cost of production without the desired impact on yields. Proper attention to soil health, access to water, quality seeds and other inputs and a package of practices suited to the crop and the agro-ecological region are part of the range needed to enhance farm productivity. As a single agronomic intervention, supply of the needed micronutrients to address the hidden hunger in the soil has the greatest impact on increasing yield. Mandatory water harvesting and recharge of wells and groundwater resources can enhance water availability. Access to timely and adequate credit and effective crop insurance are two other crucial factors. Formal sector credit is still beyond the reach of many small and marginal farmers in the country. The smaller the farm, the greater is the need for marketable surplus in order to get cash income. There is also the issue of remunerative price. Ideally, organization of small farmers' horticulture, cotton, poultry, aquaculture and other estates, to promote group farming and economies of scale both at the production and post-harvest phases of farming, will help to enhance the productivity, profitability and sustainability of small holdings.

<sup>7</sup> The three crops together supply 50 percent of the world's food.

An evergreen revolution (ie increase in productivity in perpetuity without associated ecological harm), focused on rain-fed farming areas and crops suited to these areas is what is called for. Given the need to respond to climate change, short-term and medium-term weather forecasting and advisories on crop and varietal choice become crucial. Small-farmer-friendly technologies have to be disseminated. Research on technology for dry-land farming should be encouraged and these technologies made available to small and marginal farmers<sup>8</sup>. Agricultural research, which could help farmers diversify into higher-value products, and developing technologies which could reduce the impact of long dry periods on crops, and enable them to have a diversified income flow by mix of crops, horticulture, tree crops and animal husbandry, will help farmers stabilize their incomes.

It has to be understood that nearly 80 per cent of the land holdings in India are below 2 hectares in size. Unlike industrialized countries where only 2 to 4 per cent of the population depends upon farming for their work and income security, agriculture is the backbone of the livelihood security system for two thirds of India's population. In effect, farmers also constitute the largest proportion of consumers. Hence, improving small farm productivity, as a single development strategy, can make the greatest contribution to the elimination of hunger and poverty<sup>9</sup>.

Higher productivity requires higher investment in agriculture and agriculture research – a fact that needs to be realized by the government. The recent FAO Report on the State of Food Insecurity in the World (FAO 2009a) also echoes this.

## **II. Reform of the delivery system**

The delivery systems relating to all nutrition support programmes must be restructured on a lifecycle basis, starting with pregnant women and infants in the 0-2 year age group and ending with the old and infirm. At present there are such programmes and initiatives, but there is lack of coordination between different departments and ministries handling them, and the desired synergy is not realized. Horizontal integration of vertically structured programmes is called for to enable effective outreach at the delivery point. Elected Panchayats (the lowest level of elected government in rural areas) and urban local bodies will be the ideal points of integration for effective delivery. Adequate funds allocation for universal implementation of the schemes across the country is also an imperative.

India has the largest public food distribution system (PDS) in the world making food grains available to the people at affordable rates. Introduced initially as a rationing measure in urban and select areas during the Second World War period, it

---

<sup>8</sup> A common refrain from farmers across the country during meetings of the National Commission on Farmers used to be that laboratory research should be based on an understanding of the needs of farmers.

<sup>9</sup> Experience of countries that have succeeded in reducing hunger and malnutrition shows that economic growth does not automatically ensure success, the source of growth matters too. Growth originating in agriculture, in particular the smallholder sector, is at least twice as effective in benefiting the poorest as growth from non-agriculture sectors. This is not surprising since 75 percent of the poor in developing countries live in rural areas and their incomes are directly or indirectly linked to agriculture. The fight against hunger also requires targeted and deliberate action in the form of comprehensive social services, including food assistance, health and sanitation, as well as education and training; with a special focus on the most vulnerable (FAO 2009b).

was made universal in the 1970s. However, in 1997 it was converted to a targeted PDS based on a debatable and unsatisfactory demarcation of below- and above-poverty-line households. This has led to large errors of exclusion<sup>10</sup> and taken the system beyond the reach of genuinely needy households. A return to a universal PDS is called for<sup>11</sup>.

Locally-grown grains like maize and millets should also find a place in the PDS and give an incentive for their production. Besides food grain, distribution of other essential commodities such as pulses, edible oil, cloth, salt and other essential items of daily consumption by the PDS will help ensure the viability of the PDS outlets as well as provide better access to the poor and vulnerable.

### **III. Community food security systems**

While the PDS is centrally driven and helps bring balance in access between surplus and deficit food production areas, encouragement to decentralize community food and water security systems, based on the principles of biodiversity conservation and sustainable and equitable water and natural resource management, can foster effective community food security systems at the village level to counter environmental threats to food security. This will comprise: field *gene banks* through *in-situ* on farm conservation of local land races, *seed banks* ensuring the availability of seeds during times of drought and flood, *grain banks* for storage of local food crops (often belonging to the category of orphan or neglected crops like millets) and *water banks* in the form of ponds and reservoirs capturing rain water. Conservation, cultivation, consumption, and commerce can thus be linked into a *food security continuum*. A reason why malnutrition is increasing in the world is the centralized approach to both analysis and action (Swaminathan 2009a). The bio-village paradigm based on effective and sustainable use of local natural resources with a pro-nature, pro-poor and pro-women emphasis developed by the M S Swaminathan Research Foundation<sup>12</sup> can provide the framework for the development of sustainable community food security systems.

### **IV. New deal for the self-employed**

Inadequate purchasing power due to lack of job/livelihood opportunities is a primary cause of endemic or chronic hunger in India. Employment generation in recent years has been higher in the informal sector. Given the pressure of population on land, there is urgent need for generation of off-farm and non-farm employment opportunities. Local agro-based enterprises like soil health testing, quality seed production, manufacture of biofertilisers and biopesticides, village knowledge centres providing need-based information, can generate local skilled employment and foster sustainable development. The agro-processing potential is

---

<sup>10</sup> 'There are large welfare costs associated with the error of excluding those deserving from a scheme, and these are the social costs of having a population that is hungry and malnourished' (Swaminathan 1997).

<sup>11</sup> Calculations by economists show that a return to universal PDS will cost between 1-1.5% of India's GDP which is much less than the concessions given to the corporate sector in India in recent years.

<sup>12</sup> <http://www.mssrf.org/et/biovillage.htm>

still largely untapped with only a small percentage of the produce being processed. This can be a major employment generator with proper infrastructure support in terms of storage facility, roads, finance and access to market. The thrust of education has to shift from passing exams to vocation and skill-based training that can enable youth to strike out on their own. China's township and village enterprises model is also a model to learn from. Employment in the township and village enterprises reportedly grew from 28 million in 1978 to a peak of 135 million in 1996<sup>13</sup>. The increased employment released pent-up demand and further boosted the enterprise activity.

### ***V. Eradication of hidden hunger***

The problem of malnutrition is widespread in the country as revealed by the indicators cited earlier. Hidden hunger caused by micronutrient deficiencies like iron, iodine, zinc, vitamin A and vitamin B12 can be best addressed through natural food cum food fortification approaches, from a sustainability point of view. For example, salt fortified with iron, iodine, minerals and vitamins, coupled with the consumption of beta-carotene-rich sweet potato or vegetables will be very helpful to fight hidden hunger. Local self-help groups can be trained to make nutritious biscuits as an income-earning activity. Nutritional literacy has to be promoted at the school level. High priority should go to the elimination of iron-deficiency anaemia among pregnant women. While food and nutrition insecurity needs to be addressed at all stages of the life cycle, certain groups such as pregnant and lactating mothers, adolescents and children under three years of age need to be given special attention because of their physiological needs and to address the problem at the core.

Further, food and nutrition security needs to be addressed through integrated complementary strategies viz. dietary diversification, supplementation and food fortification along the following lines:

- Enlarging the food basket – many millets and other underutilized crops like tubers are rich in micronutrients. Their cultivation and consumption should be promoted along with grain legumes, leafy vegetables and tubers. Their inclusion in the PDS and school-feeding programmes will be a major policy support.
- Dietary diversification – increased availability of fruits and vegetables through horticulture interventions. India has a large national horticulture mission. By mainstreaming nutrition in this mission, many of the micronutrient deficiencies can be eliminated.
- Supplementation – rather than neglecting/abandoning relevant programmes that are poorly functioning (such as iron and folic acid supplementation), the thrust should be on strengthening them systematically for better effectiveness.

---

<sup>13</sup> [http://en.wikipedia.org/wiki/Township\\_and\\_Village\\_Enterprises](http://en.wikipedia.org/wiki/Township_and_Village_Enterprises) accessed on 20 Nov 2009; the model has today evolved into industrial clusters of small firms.

- Food fortification – iodine supplementation through iodized salt should be strengthened to ensure universal availability and accessibility and should be channeled through PDS, school feeding and integrated child development services. Staple foods should be given priority for fortification.

## **VI. Access to water and sanitation**

The UN Human Development Report (2006) emphasized clean water and sanitation as the most powerful drivers for human development. Poor sanitation has a direct impact on the biological absorption of food in the body. Halving the proportion of world population suffering from hunger will not be possible without sustainable access to safe drinking water and basic sanitation – Goal 7, target 3 of the UN MDG. This key target can help achieve other goals such as reducing maternal and child mortality. Addressing malnutrition, through access to water and sanitation and healthcare services, is a crucial complementary strategy for achieving food and nutrition security. A large section of the population in both urban and rural areas does not have access to safe drinking water and toilets. Addressing food and nutrition insecurity can be effective only with adequate attention to ensuring access to safe drinking water and hygiene and sanitation facilities. Accompanying these has to be access to primary education to enable greater awareness and primary healthcare to help address morbidity.

## **Way forward**

India is currently discussing the components of a National Food Security Act. Against the backdrop of the discussion above, the timing could not be more opportune. But such an Act to be effective has to address food availability, access and absorption in a holistic and integrated manner rather than with a piecemeal approach. A universal PDS characterized by common and differentiated entitlements (with reference to the price of food grains for the poor), coupled with a community food and water security system, and the measures suggested in the preceding sections, will help to achieve the goal of ensuring food security for all much sooner than normally considered possible.

---

## **References**

- Food and Agriculture Organization (FAO) 2009a. The State of Food Insecurity in the World: Economic Crises – impacts and lessons learned. Rome. <http://www.fao.org/docrep/012/i0876e/i0876e00.htm>
- Food and Agriculture Organization (FAO) 2009b. How to Feed the World in 2050. [http://www.fao.org/fileadmin/templates/wsfs/docs/expert\\_paper/How\\_to\\_Feed\\_the\\_World\\_in\\_2050.pdf](http://www.fao.org/fileadmin/templates/wsfs/docs/expert_paper/How_to_Feed_the_World_in_2050.pdf)
- Government of India 2008. Economic Survey 2007-2008. Ministry of Finance. New Delhi.
- M S Swaminathan Research Foundation –World Food Programme 2008. Report on the State of Food Insecurity in Rural India. M S Swaminathan Research Foundation. Chennai.
- National Commission on Farmers (NCF) 2006. Fifth and Final Report, Vol I. Ministry of Agriculture. Government of India. New Delhi. [www.kisanayog.gov.in](http://www.kisanayog.gov.in)
- NCEUS 2009. The Challenge of Employment in India – An Informal Economy Perspective. Volume I – Main Report. National Commission for Enterprises in the Unorganised Sector. Government of India. New Delhi. [www.nceus.gov.in](http://www.nceus.gov.in)
- National Family Health Survey 2007. National Family Health Survey, 2005-06 (NFHS-3). Mumbai: International Institute for Population Sciences (IIPS) and Maryland, USA: ORC Macro, September.

Paddock W and Paddock P. 1967. *Famine 1975*. Boston: Little Brown.

Patnaik, Utsa 2004. *The Republic of Hunger*. Public Lecture on the occasion of the 50th Birthday of Safdar Hashmi, organized by Safdar Hashmi Memorial Trust (SAHMAT). New Delhi, April 10.

Patnaik, Utsa 2006. *Poverty and Neo-Liberalism in India*. Rao Bahadur Kale Memorial Lecture. Pune, February 3. [www.networkideas.org](http://www.networkideas.org)

Sengupta A, Kannan KP and Raveendran G. 2008. *India's Common People: Who Are They, How Many Are They and How Do They Live?* *Economic and Political Weekly*, March 15.

Swaminathan Madhura 1997, *Dangers of narrow targeting*. *Frontline*, Vol. 14, No.21, Oct 18-31.

Swaminathan MS 2009a. *Achieving Food Security in Times of Crisis*. Asia Pacific Observance. FAO Bangkok.

Swaminathan MS 2009b. *The media and the farm sector*. *The Hindu*, November 11.

UNESCO 2007. *Strong Foundations: Early childhood care and education*. EFA Global Monitoring Report. Paris.

United Nations Development Programme 2006. *Human Development Report – Beyond Scarcity: Power, Poverty and the Global Water Crisis*. New York: Palgrave Macmillan.

United Nations (UN) 2009. *The Millennium Development Goals Report*, United Nations Department of Economic and Social Affairs (DESA). New York.

© *Smith-Gordon 2011 London UK ISBN 9-781-85463-245-6*

*To enquire about reprints of this chapter or to order special copies of Access Not Excess contact [publisher@smithgordon.com](mailto:publisher@smithgordon.com)*