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## INDIA IN THE HOUSE OF LORDS

### British Policy Severely Criticised

#### LORD SAMUEL ON THE INDIAN DEMAND

London, Thursday. THE suggestion that, while the war was in progress a group of statesmen might devote themselves to considering the problems of India, including the minorities, Federation and Dominion Status, was made by Lord Samuel (Liberal) when India was discussed in the House of Lords this afternoon.

Lord Samuel said he did not see why the outbreak of war should make it impossible for these matters to be pressed. He regretted the action of the Congress in calling on the Provincial Ministries to resign at a time when the Empire was engaged in a life-and-death struggle for a purpose with which India was in whole-hearted sympathy.

Lord Zetland, replying, referred to the Viceroy's invitation to the leaders of the Congress and the Muslim League to meet and discuss their differences. He said that, if as the result of these discussions, they could find common ground on which the two communities would work together, then the main obstacle in the way of associating the leaders of the Indian Political Parties in the actual Executive at the Centre would have been removed.

#### Not Right time to Re-draft Act

Referring to the Congress, Lord Zetland said that the resignation of the four Provincial Governments had already been tendered and that the resignation of a fifth was expected. This would mean that the Government would be obliged to proclaim a breakdown of the constitution so far as the Provinces were concerned and take the administration into its own hands.

Lord Zetland said he could not agree with Lord Samuel that the Government of India Act could be re-drafted when

England was involved in a life-and-death struggle.

"We had agreed," Lord Zetland continued, "that the leaders of public opinion in India should associate with the Central Government in some way during the progress of the war and it was with a view to such closer association with the Central Government that we proposed a Consultative Committee."

#### Genuine Efforts

Lord Zetland declared that this was a genuine attempt to associate the leaders of the Indian Political Parties in the prosecution of the war. He profoundly regretted that the proposal did not appear to have been received in the spirit in which it was given. He declared he did not want to over-emphasise communal differences in India, but he added that they did exist and they could not be ignored. The best was for the various Parties in India to discuss and find out a workable solution. This the Viceroy was doing at the present moment.

Lord Zetland expressed regret at the action taken by the Congress Ministries in the Provinces. In what seemed to be undue haste while discussions were proceeding, the Ministries in four Provinces had already resigned. The resignation of the Cabinet in a Fifth Province, it is stated, must be expected in the near future.

If the Provincial Ministries tendered their resignation, it would mean a breakdown of the constitution in so far as the Provinces were concerned and the Secretary of State would have to take the administration into his own hands.

"As regards our war aims in India," Lord Zetland declared, "it is still said in India that we are fighting for imperialism. If imperialism means the domina-

(Continued on Page 4)

## SPEAK NO EVIL

### Foul Speech the Source of all Vice

By Prof. Nicholas Roerich

FOUL speech is the source of all sorts of injury, all sorts of abominable and shameful vice. Such speech contains the seeds of hatred, falsehood and treachery and all that impedes the well-being of mankind. And even supposing that ignorance be at the root of all such vice, this will not lessen the harm it can do to the general consciousness.

What baseness there is in treachery, falsehood, slander and a desire to injure one's fellow men. Such faults were originally included among the most abominable, bestial vices.

In his first epistle to Timothy, the Apostle Paul places falsehood, slander and perjury in the list of the following vices:

"Know ye, that the law has been established not for the righteous, but for the lawless and the unruly, the impious and the sinful, the corrupt and the profane, for the offenders against father and mother, for murderers."

"For lechers....., kidnappers, slanderers, human beasts, liars, perjurers, and all the others who are opposed to sound doctrines."

"You see in what an abominable category he includes liars, slanderers and all such offenders. And yet how easy it is with the means that modern civilization disposes of, to utter falsehood, slander and treachery and all that stays the growth of the good.

We often hear of the selflessness of evil which, at a certain stage, attains the point of self-abnegation. We even meet with those who are ready to injure themselves so as to sow evil. It is very easy of course to sow evil and treachery if one wishes.

People forget that they can destroy these very things they were ready to support, by a simple word or deed.

Some slight defect has arisen, perhaps from irritation or from certain evil thoughts long concealed, and these will incite a man to commit treachery even

though it is ultimately to his own cost.

Indeed treachery, falsehood and slander first of all come back to those who provoke them, and this is the inevitable law. Unfortunately this does not make it easier for others, and the places which are overgrown by evil weeds are often difficult to recover.

Evil speech is not something that has fallen from heaven, it is something that has arisen from the lowest levels of life. It grows slowly but surely, once it is sown. The slanderer, first of all, learns how to smile and shrug his shoulders in an evil, insinuating way and afterwards he utters his evil remark, enjoying the irritation or approbation of others.

Later on he becomes quite accustomed to evil speaking. Evil speech like invective is, to begin with, a vicious habit. The Apostle was absolutely right in placing falsehood and slander in the category of offences against nature.

In a civilized society, any of the vices mentioned by him are inadmissible, whereas slander and treachery which belong to a bestial state of mind are hardly ever denounced in the same terms as such bestiality.

We sometimes hear slander and treachery spoken of as if they were the result of narrow-mindedness. But what is narrow-mindedness? Everyone possesses the seeds of the Spirit, but they can be covered with dust and relegated to the cellars of our consciousness.

It would be more fitting to speak of mean-mindedness, a vice, which is by no means natural but engendered by ugly thoughts and negligent ways of life.

Even the smallest vice is catching and one only has to fall in with the vicious habits of any group in order to follow them.

Such followers will often condemn these vicious habits but being inwardly prepared.

(Continued on page 4)



### Manager's Notice

The offices of the Hindu Organ and the Saiva Pragasa Press will be closed on Thursday and Friday for Teepapali Festival and there will be no issue of the paper on Thursday

Manager,  
The Hindu Organ.

### Red Cross Flag Day

THROUGHOUT JAFFNA  
Monday 4th December 1939  
HELP THE WOUNDED IN THE WAR  
(Mis. 187 6-30-11-39).



## Hindu Organ.

MONDAY, NOVEMBER 6, 1939

### FREE TAPPING FOR SWEET TODDY

THE STATE COUNCIL HAS BY a majority accepted the motion of MR. GEO E. DE SILVA seeking to allow tapping for sweet toddy without any permit "all over Ceylon so that people who are engaged in this trade will find sufficient employment". This decision of the State Council will be hailed with approval particularly in the North. For here sweet toddy is used as food and for making jaggery. The restrictions placed by the excise regulations on tapping for sweet toddy have deprived the people not only of an article of diet but has killed an industry which was giving employment, as a cottage industry, to a large number of women-folk in the villages. As things are, jaggery is very rare in the North and bulk for bulk it fetches higher price than sugar. Cheap sugar imported into this country has been partly responsible for the neglect of this industry even by those who stick to it in spite of the difficulties of obtaining sweet toddy. But the chief cause for the decline of the industry has been the excise restriction. But now there is an opportunity to revive this industry and give employment to many people. The high cost of sugar as a result of the war should give a fillip to this industry, provided the authorities remove the existing restrictions on the tapping for sweet toddy. The State Council's decision is timely. We wish to refer here to a resolution of the Village Committee of Tellipalai, a centre which is noted for its delicious sweet toddy and equally good jaggery. The Committee has requested the authorities to remove the restrictions and thus help the revival of the industry and the increase of chances for employment. The

Minister for Home Affairs objected to Mr. SILVA's motion, for, among other reasons, he opined that free tapping would necessitate the strengthening of Excise staff and the change of excise policy. The present strength of the Excise staff, with the headmen and a few unofficial Excise officers judiciously selected, should suffice to prevent any abuse. This should not stand as an argument against the well-being of a large section of the people and against making the best use of a harmless gift of nature. No doubt, as the Minister fears, there will be abuses, which, under proper control, can be minimised. We are pained to note that a great temperance worker like the Home Minister should have used the loss of excise revenue, as an argument against the motion. We would commend to him in this connection the example of the Congress Ministries. The Congress Ministries in Madras and Bombay have, since the introduction of Prohibition, given the industry all encouragement and it has thereby become popular in those areas. We hope the authorities will immediately implement the Council's decision and help the revival of the jaggery industry. The present emergency and the high cost of sugar should certainly encourage many to take to this industry.

### Farewell Function at Point Pedro

Point Pedro, Friday.

Mr. V. S. Nagaretnam, Apothecary of the Govt. Dispensary at Point Pedro, was entertained at a farewell function by the Saiva-pragasa Sabai Point Pedro on the 2nd, November, 1939 on the eve of Mr. Nagaretnam's retirement from service. The building was beautifully decorated for the occasion and a representative gathering of prominent people of Point Pedro were present in response to the invitation issued by the Secretary of the Sabai

Mr. P. Nadesan, Sanitary Inspector, Point Pedro, presided and Mr. V. S. Nagaretnam and Mr. Nadesan, were garlanded by Mr. Mudaliyar Kulanthaivelu.

Messrs. Kunanayagam, and Vinayaga Mudaliyar Kulanthaivelu also spoke on the sterling qualities of the retiring officer. Mr. A. Nadarajah the Secretary of the Sabai read an address. Mr. Nagaretnam thanked those present and the sabai for farewell function. Light refreshments were served.

Another farewell function took place on the lawn in front of the Dispensary organised by a few members of the public late in the evening. Mr. C. Kulaveerasingam, Proctor, presided. Mr. Nutturamaru Aiyar read an address and speeches were made by Messrs. S.A. Rajaratnam, N. A. Chelliah, Dr. Visuvalingam, V. Mudaliyar Kulanthaivelu and Mr. P. Nadesan. Special references were made to the sterling qualities of the retiring officer. (Con.)

## GANDHIJI ON CIVIL DISOBEDIENCE

### Not in a Hurry to Precipitate

### FEAR OF HINDU - MUSLIM RIOTS

Bombay, Saturday.

The assertion that he is in no hurry to precipitate civil disobedience is made by Mr. Gandhi, writing in the "Harijan" today under the caption "Next".

He says: "I have never felt the weight of responsibility as heavily as I do today in connection with the present impasse with the British Government". Mr. Gandhi observes that the resignation of the Congress Ministries was a necessity but the next step was by no means clear.

"I cannot identify myself with any civil disobedience unless even convinced Congressmen believe in non violence with all its implications and follow implicitly the instructions issued from time to time".

Mr. Gandhi says that apart from the uncertainty of the observance of non-violence in Congress ranks is the tremendous fact that the Muslim League looks upon Congress as an enemy of the Muslims. This makes it well nigh impossible for Congress to organise successful non-violent evolution through civil disobedience. It certainly would mean Hindu-Muslim riots.

Mr. Gandhi declares that the offensive will have to be taken by the British Government, and proceeds that while he holds the opinion strongly that by their own action the British Government have made it impossible for Congress to co-operate with them in the prosecution of the war, Congress must not embarrass them in its prosecution.

"I do not desire anarchy in the country. Independence will never come through it," says Mr. Gandhi and advises for the time being the consolidation of Congress by purging it of all weaknesses and following the old constructive programme.

"All India should know my credentials on the eve of what can become the last and decisive battle for swaraj," he declared.

"The more I ponder our Sir Samuel Hoare's recent speech in the House of Commons the more puzzled I become." He says the speech was both good and bad but the bad part was so bad that it vitiated the good.

His statement that the British Government had shed Imperialism hardly squared with his defence of the promises made to the minorities. He gave up the whole of his case when he bracketed the Europeans in India and the Princes with the other minorities.—(Associated Press.)

### Interview with Viceroy

New Delhi, Saturday.

Mr. Gandhi left for the Viceroy's house at 11-25 a.m., presumably on receipt of a message from the Viceroy with reference to the Congress reply. The interview lasted two hours.

Sir Jagdish Prasad, a member of the Executive Council, called at Birla House before Mr. Gandhi left to see the Viceroy and had a few minutes talk with him and later Babu Rajendra Prasad.

## THE LULL ON WESTERN FRONT

### HITLER AWAITING "INSPIRATION"

### AMERICA THINKS WAR WILL BE SHORTENED

THE lull on the Western Front when so many indications pointed to a big offensive by the Germans, which tactics similar to those they employed in Poland, has been due, according to a leading Berlin figure who has arrived at the German frontier, to success on the part of the German General Staff in dissuading Hitler from making a frontal assault on the Maginot Line.

According to the Havas (French) News Agency, which quotes this leading Berlin figure, Hitler then asked Field-Marshal Goering to investigate the possibilities of making mass air attack on Britain even if the neutrality of Belgium had to be violated.

General Halder, Chief of Operations of the Council of the General Staff, was then ordered to formulate a plan for an attack on Belgium, but said he could not recommend such an operation and offered to resign.

### Trying to Induce Stalin to Join

The resignation was not accepted and now Hitler is awaiting "inspiration" and is, meanwhile, studying the eastern problem and examining the possibility of repatriating German minorities abroad in order to secure foreign exchange for the Reich.

Meanwhile, Joachim von Ribbentrop, the Reich Foreign Minister, who is more and strongly attacked in high quarters, is working desperately to bring Stalin into the conflict.

He is reported to be proposing, in exchange for a military alliance, a division of influence in the Balkans by which Germany will keep Hungary and the Rumanian oilfields and share with Italy influence over Yugoslavia, while abandoning to Russia Rumania, Bulgaria and Greece.—(Reuter)



## DIETARY DEFICIENCIES OF CEYLON

### The Nutritive Value of Common Leaves, Vegetables & Seeds

#### MILK THE ONLY NATURALLY BALANCED FOOD

By Cosmas W. D. Alwines,  
(A Paper read at the Food Production Drive.)

IN selecting this subject for a food production drive, I wish to state at the outset that this subject is not of mere theoretical or academic interest, but extremely practical and far-reaching. Food production will be a river flowing into a desert if dietary deficiencies are not going to be taken into consideration. To show how far-reaching this aspect can be I wish in passing to state that the Allies are counting on dietary deficiencies to effect the downfall of Hitlerism. They have the lessons of the great war before them and they are straining every nerve to bring about conditions as similar as those in 1918. Before the Great War the average weekly consumption of bread in Germany had been 6½ pounds per head, meat was 2½ pounds, and fat ½ pound. By 1918 the bread had been rationed to 3lbs, meat to ½ a pound and fat 1/5 of a pound. Professor E. H. Starling the famous Physiologist in his report on conditions in Germany at the end of war stated: "We found no spirit of resentment among the workmen we spoke to, but simply a condition of dull depression and lassitude. Nor was there any sense of shame at defeat or feeling for national honour. The men wanted more food, especially fat and all other movements seemed of little or no importance." The incidence of disease owing to the blockade was so severe that Germany's death rate from Tuberculosis alone was as high a one-tenth of her loss from death upon the battle-field. Vienna has become a perfect laboratory for the study of disease.

#### Deficiencies of Common Articles of Food

Now let us consider in what respects some of our common articles of food are deficient and how we can improve our diet by a judicious use of some common local foods that were used at one time. Our staple article of food is rice. Rice is the most important grain grown in the world. The annual crop of rice in the world is five hundred million pounds, nearly double that of the next grain crop—wheat. Over 600,000 varieties of rice are grown. The varieties can be divided under three heads—hard, soft and glutinous. The hard varieties fetch the highest prices and are most popular. The colour ranges from perfect white to almost black. Rice as a staple article of food has the following defects:

It is poor in proteins. Parboiled (country rice) has 7 per cent of protein.

2. Rice is poor in mineral salts. The total quantity of mineral salts in country rice is .98 per cent. We must keep this fact in mind when we think of supplementing rice with other cereals.

3. Rice is poor in vitamins. It has almost no A, a moderate source of B1, and very little B2 and C. The polished rice loses the Vitamin B1 which country rice has.

4. The proteins of rice are not suitable.

#### Remedying the Defects

How are we going to remedy these defects. The only way to remedy these defects is by supplementing rice with other cereals. In this connection I wish to stress the fact that we must approach the subject from a psychological point of view. You know the average man, especially in Jaffna, is conservative. In the matter of diet this conservatism is highly coloured by the dietary habits in vogue in the country. In a place like Jaffna, it will be easier to build on dietary customs of the community than by wholesale introductions of foreign articles of food, however much those articles may be nutritious. The educated man has an open mind and can be persuaded to take to some thing new, by propaganda. But not the average man. I have found by experience at Health Weeks etc. that if you appeal to the man not to forsake the diet of his forefathers for something new, there was a hearty response. In this respect, I feel that the popularising of the growth and use of some of our common millets will be more efficacious than persuading the people to grow and use cereals new to them. In passing I wish to state, with due deference to the propaganda experts of the Department of Agriculture, that Adlay is not a good supplement for rice. My reasons are that there has been no biological assay conducted for the vitamin content of adlay so far. The other reason is that Adlay is poorer than rice in mineral salts. There has been a mistake in the analysis of Ceylon foodstuffs published in the Tropical Agriculturist in January 1938. In that number the mineral salt content of adlay was put down at 3.63. The recent modification puts it down to .70. In Jaffna and the Islands it will be very useful and profitable if people are persuaded to use more of Kurakkan, Sami, Varagu, Panichami. The people have eaten these millets for generations. They know empirically the dietetic value of these millets.

(Continued on Page 5.)

## Side Lights and Light Sides

(By Squint Eye)

Among British Defence Chiefs you find Sir Edmund Ironside as chief of Imperial General Staff, Marshal Sir Cyril Newall as Air Chief, and Admiral Sir Dudley Pound as First Sea Lord.

If names count for anything there you are; the enemy can only knock its head against the ironside and avoid the air force that knew all, and lay itself open to be pounded on the seas.

Will the Island's ministerial deputations to India expect lionisation there when they get there in November for the trade talks?

London's fish market, Billingsgate, which was closed at the outbreak of the war has been re-opened.

We see more billingsgate now than ever before.

Fit Dunlop Tyres with teeth,

says an advertisement, When the tyre lever and spanner are not at hand you have to use the teeth.

When Mr. Churchill delivered one of his speeches against the enemy an American newspaper said that one speech of that sort was worth batteries of heavy artillery.

Isn't Churchill a big gun?

When Mahatma Gandhi was seen off at a station in North India recently pick-pockets got busy and nearly a dozen persons lost their money.

Sinners amongst saints.

Marshal Goering told Sir Neville Henderson that the history of Germany was one of ups and downs.

Up the Pole, and down the ditch.

Mr. Lionel Curtis in a recent speech said that India was on the brink of freedom.

India must beware; a brink is the edge of a precipice.

The concrete towers in the Siegfried Line have been discovered to be weak in foundations.

Here is a good trade opening for the Cement Manufacturing combine.

### Manipay-Navaly Social Service League

Under the auspices of this League, a public meeting was held on Sunday last at 4.30 p.m. at the Manipay Vivekananda Vidyasalai Hall. Srimat Jogiswarar Sivaprasadar who has travelled throughout the world, delivered an impressive address on "The Origin of the World", before a mammoth gathering. Mr. S. Natesan, M. S. C., presided. This is a continuation of a series of lectures by eminent men organised by the Manipay Navaly Social Service League. Mr. Natesan in his speech congratulated the League on the excellent service done by them, and appealed to the audience for their continued co-operation. (Cor)

## MILLION RUPEES FOR FOOD PRODUCTION

STATE COUNCIL ACCEPTS ESTIMATE

### OBJECTS OF THE SCHEME

A Supplementary estimate of one million rupees, asked for by the Minister for Agriculture and Lands was accepted by the State Council on Friday.

"The object of the State scheme," declared Mr. Senanayake, "is for the purpose of giving employment to the unemployed. Even employees of some of the big firms have been sent away by their employers, these very good gentlemen of business houses. I understand that one business house sent away over 150 people.

Mr. Senanayake said that it was for the purpose of giving employment to these people and to some who might be sent away from Government Service because of the reluctance of some of his good friends to pay additional taxation that they wanted to find ways and means as to what scheme should be organised.

Their next idea was to help those who intended to take up an agricultural career.

It was not possible said Mr. Senanayake to assess the cost of the scheme at the outset. The money was needed to stock manure for distribution, the purchase of implements and machinery for the proposed Government farms.

### SEEDS FOR DISTRIBUTION

#### Weekly list to be Issued

It has been decided to issue a note every Wednesday, says a circular of the Director of Agriculture, to show the quantities and varieties of seeds which are available at Peradeniya for distribution under the Emergency Food Production Scheme.

The list below gives the varieties and approximate quantities of seed at present in stock and also the amount of seed required for planting an acre.

Soyabean: 2,200 lbs. in stock, 20-30 lbs per acre.

Green Gram: 2,200 lbs. in stock, 15 lbs. per acre.

Tuticorin Chillies (long variety): About 202 lbs. in stock, 1 lb. per acre.

Dhall: 4,400 lbs. in stock 8 lbs. per acre.

Farther supplies of chillies and dhall can be obtained at short notice.

### Higher Prices for Currystuffs

Higher maximum prices for certain currystuffs, fixed by the Controller of Prices, came into force from Tuesday.

The retail price of dry chillies (Tuticorin) has been raised from 24 cents per lb., of coriander from 14 to 15 cents per lb. and of Mysore dhal No. 1 from 18 cents a measure 20 cents, and No. 2 from 17 to 19 cents.

The maximum retail price of Java sugar, refined, has been fixed at 14 cents per pound for Galle Municipal area.



## Letter to the Editor

## Reading Rooms for Villages

Sir.—The other day in opening a new reading room under the auspices of the Chankanal Village Committee, Mr. Bandaranaike paid well-deserved tribute to its activities in having established reading rooms at close centres to enable the villagers to get to know the news and develop their outlook in life.

Reading rooms must be established in every village as they are the best means of educating the poor and rural people. I find in the village of Neerveli where there are a large number of adults who are unfortunately driven to spend their evenings in ill-natured gossips.

Will the chairman of the village committee who has jurisdiction over the village of Neerveli take early steps to establish a reading room? If the village funds will ill-afford, I suggest the committee approach the central Govt. to provide money from the adult education fund. I am aware that certain progressive village institutions are seriously considering the provision of radios at reading rooms and discontent among the reading public is at a point of getting beyond normal control. In fact young men at a certain parish are seriously contemplating to overthrow the existing village committee on this issue.

I suggest the place called the "Thachan Madam" would be a convenient centre to start a reading room at Neerveli.

Yours etc.,  
S. VYDIALINGAM

Neerveli,  
2 Nov. 1939.

## Germany Prepares Attack on Britain

## Combined Naval and Air Assault

The day is near when the Nazis will launch a combined naval and air attack on Britain. Field-Marshal Hermann Goering is reported to be at present reorganising and resting Germany's war-planes for the purpose.

This theory, which is attributed to the French, has been put forward as the result of numerous movements of German air squadrons which have been unofficially reported.

A semi-official commentary on the Western Front situation stresses two points:

(1) The real significance of the shooting down of a 'plane behind the French lines is that it proves the efficacy of the anti-aircraft defences since the only enemy 'plane that succeeded in forcing the defence was promptly intercepted by chasers and put out of action (2) Fortified outposts in "No Man's Land" have been established without reference to the frontier line purely in accordance with the military advantage. Consequently, the French trenches are at some points on German soil and at some points on French soil.

## India in the House of Lords

(Continued from page 1)

tion and the exploitation of one people by another, this was abandoned by Parliament when it accepted the preamble to the Act of 1919. Every step has been taken since then to establish self-government in India.

"Our intentions remain what they have been ever since the Act of 1919. We are striving our level best, with all sincerity to assist in removing the obstacles which at present lie in the path of the full fulfilment of the promises which have been made, but I still find from my practical experience every day of the year for the past four of five years that it is no use ignoring difficulties in your path. What you may do is to work patiently and in all sincerity to remove them".

Lord Snell (Labour) said: "We have quite definite opinions on the matter and if, on the one hand we counsel Indian statesmen and reformers not to needlessly hinder such machinery of self government as they possess, on the other hand we warn the Government that we shall not support either a blank negation or merely an equivocal promise of future action. The Indians have every right, as we believe, to Dominion Status and the Labour Party will continue to give its support to all lawful practical attempts to secure it."

Lord Samuel (Liberal) said: "The complaint is made by the Congress that, while the British Government agrees to Dominion Status in principle, it takes no steps to give effect to, or implement, it in practice.

"Sir Samuel Hoare has said that pledges have been made time after time that Dominion Status was the aim of Indian policy. The Viceroy, in a White Paper, says that we are working to the end that India may attain her due place among the Dominions and he quotes this statement: The natural issue of Indian progress is the attainment of Dominion Status".

Lord Samuel added: "Year after year goes by and the policy which is declared to be the goal, the end, the aim, is not, in fact, carried into effect, and Indian political leaders see the best years of their lives go by and they still in the phase of struggle. The Government says that if only the Indians can agree among themselves on outstanding questions at once Dominion Status could be brought into effect. Mohamedan India is not eager for Federation. It is rather apprehensive of the possible results of Federation and it is not pressing for Dominion Status.

"Consequently, the present policy of the Government leads to the conclusion that that the final decision is left with the Moslems. That would mean that one-fourth of the population of India is to decide the future of India rather than three-fourths.

"Such a situation may easily become a permanent deadlock and it is not surprising that such is the intention. All of us in this House, I think, understand the

## STREET PREACHING IN JAFFNA

## Permit to be obtained from U. D. C. Chairman

The Jaffna Urban District Council has decided to adopt the following by-law regarding preaching or holding meetings on thoroughfares:

"No person shall preach or address any assembly or crowd hold any meeting on any thoroughfare within the limits of the Jaffna Urban District Council except in pursuance of a permit from the Chairman of the Urban District Council, and within the times and limits specified in such permit.

Any person who shall commit a breach of this by-law shall be guilty of an offence and shall be liable on conviction to a fine not exceeding fifty rupees".

## SPEAK NO EVIL

(Continued from page 1)

they soon adopt them. It is remarkable to note how a vicious habit takes root. The man is naturally ashamed of it and tries to conceal it, but later when he finds that it prevails with others and that they do not change their attitude towards him he grows hardened.

There is a terrible disease, in the final stages of which, all the pores of the body begin to give out worms. It is said that King Herod ended his life in such a fetid decomposition. Every breath of slander and treachery, however, exhale the same terrible worms, all the more dangerous since they are invisible.

If dogs catch worms from eating raw meat, whence comes that coarseness of nature which can grow so ravenous as to break the most sacred ties?

From the slightest vulgarity and from meanness human worms are soon propagated.

History has recorded the fate of King Herod, an eater of worms, and that of Nebuchadnezzar, who fell to the level of the beasts. People are very particular to destroy rats but what about these visible and invisible worms?

—(Prabuddha Bharata)

## DENTAL NOTICE

S. Imai, (Japanese Dentist)  
Colombo,

will be at Jaffna at Tiruchelvam Buildings, Main Street, Jaffna, from 7th to 16th November 1939. (Mis 186. 6-11-39)

position of the Moslems and sympathise with it. Undoubtedly, Great Britain has duties towards the Moslems in India. We cannot wash our hands off the question and say that their future is no concern of ours. The minorities must be protected in their rights and, if the minorities have rights, so also have the majorities. It is the fundamental problem of democracy in countries with a mixed population how to reconcile the principle of government by a majority vote with securing the liberties of the minority communities."

## Jaffna U. D. C. Market and Gala Rents for 1940

The minutes of proceedings of a special meeting of the Jaffna Urban District Council held at the Office of the Council on Wednesday the 1st day of November 1939 at 5 p.m. pursuant to notice dated the 30th day of October 1939.

President:—Mr. Sam A. Sabapathy, Chairman; Mr. K. Aiyadurai, Vice-Chairman; Mr. R. R. Nalliah, Mr. V. A. Durayappah, Mr. C. Ponnambalam, Mr. K. V. Sinnadurai, Mr. S. Patanjali and the Secretary.

1. The Minutes of Proceedings of the meeting of the Council held on the 13th day of October 1939 copies of which had been previously furnished to each member of the Council were taken as read and confirmed.

2. Considered tenders for the Rents of the Markets and Gala for 1940.

(i) It was decided to accept the tender of Mr. M. Rasaratnam (the highest tenderer) for Rs. 10,975 for the Grand Bazaar Vegetable Market on condition that he pays on or before 30th November 1939 one-third amount of the tender and enters into a notarial bond on or before the 30th November 1939.

(ii) It was decided to accept the tender of Mr. S. Ramiah (the highest tenderer) for Rs. 7,051 for the Grand Bazaar Gala and Bus Stand on condition that he pays on or before 30th November 1939 one-third amount of the tender and enters into a notarial bond on or before the 30th November 1939.

(iii) It was decided to accept the tender of Mr. M. Thammalingam for Rs. 2,910 for the Grand Bazaar Fish Market on condition that he pays on or before 30th November 1939 one-third of the amount of the offer and enters into a notarial bond on or before the 30th November 1939.

(iv) It was decided to accept the offer of Mr. M. Saverimuttu for Rs. 2,600 for the Small Bazaar Market on condition that he pays on or before 30th November 1939 one third of the amount of the offer and enters into a notarial bond on or before the 30th November 1939.

(v) It was decided to accept the tender of Mr. Ramu Chelliah for Rs. 156.31½ cents for Chiviataru Market.

(vi) It was decided to accept the tender of Mr. S. Kanapathipillai for Rs. 56 for the Thattatheru Market.

(vii) It was decided to accept the tender for Rs. 30 of Mr. V. Velupillai for the Colombutturai Market.

(viii) It was decided to accept the offer of Rs. 40 for the Navanturai Market from the Parish Priest of Navanturai Church.

(ix) It was decided to auction the rent of Muththirai Chantai and Sengunthar Market at the market premises on Wednesday 8th instant at 5 P. M.

3. Considered the application of the Renters of Gala and Bus Stand for 1939 for rebate.

Mr. R.R. Nalliah moved that a rebate of Rs. 750 be given.

Mr. S. Patanjali seconded - 6 voted for Mr. Nalliah's motion - carried.



## DIETARY DEFICIENCIES OF CEYLON

(Continued from page 3)

What is needed is to knock off the so-called superiority of rice and persuade the people that a reversion to the old dietetic habits would ensure better health. The educated folk can lend a helping hand in a more vigorous type of propaganda than public meetings, or newspaper articles—using these millets in the home. If a poor neighbour knows that a well-to-do and educated man is using the millets, not because he has diabetes, but because he feels it of real nutritive value, that example is worth a ton of precept.

### Other Defects

What are the other dietetic deficiencies in the Ceylon diet? All our dietary defects could be summarised in one sentence: this is not mine but that of the Director of the Department of Nutrition: Lack of vitamin A and B (complex) calcium, and animal protein. Translated into the concrete this would mean, the use of more vegetable, especially green leaves, the use of pulses, nuts and oil seeds, the use of milk and milk products, eggs, fish, or flesh and the non-leafy vegetables.

Vitamin A from animal foods is very, very expensive. We have to depend on butter, yolk of egg, cod liver oil, the liver of animal fish etc. But we are fortunate in another source of Vitamin A. That is in the form of carotene, as I have already mentioned it earlier. In Ceylon when we think of green leafy vegetables, we are inclined to think in terms of cabbage and lettuce. These are two expensive vegetables. It is sometimes pathetic to see a poor man giving ten or twelve cents for 1/8 of a cabbage when two cents or even a cent would have given him that amount of nutrition if invested in local leaves. For accurate measurements some of the vitamins are expressed in terms of international Units. The total number of international Vitamin A units that a man has to take for a day is 3000. Just see how easy it is to get this amount from some of our common leafy vegetables.

Murunga leaves	have 3500 units
	per ounce
Curry leaves	" " "
Coriander leaves	" " "
Amaranth leaves (ara-keeral)	have 2500 per ounce
Agathi	" Tampola " "
Betel leaves	" " 2000 "
Lettuce	hugs the rear with 500 per ounce
Cabbage	follows close upon its heels with 500 units; nuts and oil seeds

Pulses are used by people, but not to that extent as they should. To show you how certain foods, which we despise as common, are used in other countries, let me just mention the case of the ground nut. Every year India exports a large quantity of ground nut cake—ground nuts with a small amount of oil extracted. This ground nut cake is converted into flour in America and goes under the name of nut nose, protose, nut-metose. I am sure a pound of nutose must be selling in some of your big shops at about a rupee. The dhals are rich in protein: "one ounce of any of the dhals contains as much proteins as one ounce of meat, nearly twice as

much as one ounce of egg, and seven times as one ounce of whole milk." A common pulse which has been used largely in former times, but which has fallen into disrepute is green gram. Green gram is very rich in mineral salts, vitamins and you know the common use of it. It is soaked overnight and then boiled and eaten with grated coconut and jaggery. If green gram is used sprouted it will also contain Vitamin C. Black dhal-ulundui is another nutritious pulse. In that respect the use of "thosai" "vadai" and "murukku" are much more nutritious articles of food than pittu or hoppers. There is one oil seed which was used in large quantities thirty or forty years ago and which has been very sadly neglected of late. I refer to gingelly. In olden days pounded with jaggery and washed down with a glass of buttermilk it was considered a food fit for the gods. You know the use that is made of gingelly in the villages. The custom of feeding growing children with gingelly is scientifically sound. Dr. Nicholls states in a bulletin: "Foods made from gingelly seeds are good for people of all ages especially during the periods of growth". The reason for gingelly being such a good food is due to its fairly large amount of fats, proteins and minerals salts. Gingelly seeds have a 105% milligrams of iron, it has 1.45% of calcium. I wish to see boys and girls eating more gingelly in the form of "Ellu urundai" "Singh, Thala-bola" and "Ellu-cori-dial, or Thala Koridial. Certainly they are much more nutritious than sweets and chocolates.

### A Big Defect

I wish the food-production drive of the Department of Agriculture will also take into consideration a "more milk campaign" for the Island. The absence of milk and milk products in the average Ceylon diet is a Big Defect. It is a defect to express it typographically a defect in double capitals. I am not tired of repeating that it is simply disgraceful to see that all the milk available in Ceylon will work out at less than 1 1/2 ounces a day per inhabitant. And Ceylon is importing more than 2 1/2 million rupees of tinned milk preparations. Those who are suffering are the children and we are not making any serious attempt to solve the question. This question of a milk supply for the Island requires a separate paper. The question will involve two aspects immediate and remote. To get more milk cattle to increase the milk supply will take a generation. In the meantime are we going to close our eyes to the fact that a whole generation of children will grow up undernourished? Please bear this in mind. Milk is only food for which there is no effective substitute. A large number of people are vegetarians. This makes the problem more acute for them. 1/3 of the protein requirements of the body must be supplied from animal source. The vegetarian has only milk and milk products to supply the animal protein. How is he to do this when milk is not available or milk is more than a luxury to him, while milk products are very rare commodities? As there are a large number of school

## Kankesanturai Port

### Village Committee Urges Opening

At a meeting of the Village Committee of Tellippallai held on 28-10-39 and presided over by Mr. S. Sangarapillai the Chairman the following resolutions were passed unanimously:-

(1) That this Meeting of the Village Committee of Tellippallai, requests the Government Agent, Northern Province, to move the Board of Ministers to take early steps to have the Port of Kankesanturai opened for passenger traffic with India and other countries and to apportion the proposed vote of Rs. 40,000 between Kankesanturai and Kayts as the former port is an all Ceylon Port, centrally situated in the north of Ceylon, and endowed with Railway and Road traffic facilities to all parts of the Island. That before the opening of the Railway the Port of Kankesanturai was the chief Port for passengers and goods to and from India and Burma is an assured fact. That the opening of the same Port for similar transaction will, it is presumed, increase the revenue and afford greater convenience to all concerned, needs no greater emphasis.

(2) That this Meeting of the Village Committee of Tellippallai, is of opinion that at this critical time it will be a real relief to the inhabitants of this Sub Division if the restrictions on tapping sweet toddy are removed and facilities afforded, so that the bulk of inhabitants who use sweet toddy for food and for preparation of jaggery may not suffer further hardship on account of the high prices of food stuffs, specially sugar. That it is regretted that the potent wealth available in the numberless palmyrah trees is almost locked up by the Excise restrictions and that it is presumed that if the said restrictions referred to are removed, greater blessings will accrue to the suffering inhabitants of this Sub-Division.

boys here I wish to emphasise this fact that milk is not only a child's drink, but a man's drink as well. Nearly all the greatest athletes and sportsmen of today regard milk as one of the most essential items of their training diet. Jack Hobbs, Archie Compton, Ted Phelps, Colonel Lindenberg, Henry Sullivan and Gene Tunney amongst numerous others, have publicly testified to the value of Milk as an important part of a sound training diet. This is what a conference of the greatest dietetic experts in England has to say with regard to milk; "All recent studies on the nutrition of children have shown that milk is for them a most valuable food. It is indeed the only naturally balanced food we know of....." I wish more boys will get used to the habit of ordering a glass of milk than a glass of aerated waters. Let me tell you that 10 cents spent on aerated waters is a sheer waste of money. You get for your money's worth 1/2 cent of nutrition. The remaining 9 1/2 cents are for water, and colouring matter and fizz!

I hope I have touched on some of the dietary defects of Ceylon. It is useful, in conclusion, to state that a person can be overfed—yet undernourished.

## WILL SHORTEN THE WAR

### Repeal of Arms Embargos by U. S. A.

New York, Saturday.

The majority in the Congress, according to "The New York Times" thinks that the repeal of the arms embargo will shorten the war and thereby reduce the chances of the United States becoming involved.

"The New York Times" Washington correspondent observes that the special session of Congress was marked more than anything by the re-assertion of the Administration's control of both branches of Congress.

"The Herald Tribune" reports that British and French agents gave "gentlemen's commitments" to United States aviation manufacturers for at least 175 million dollars worth of war planes and equipment anticipating the repeal of the arms embargo.

The paper adds that some sources put one day's order at between 2,500 and 3,000 machines.

### German Anger

The German wireless today described the raising of the United States embargo as "nothing but the machinations of Jewish war profiteers."

## WEDDING

SABARATNAM—

ANNAPOORANAM

The marriage of Mr. R. Sabaratnam, Irrigation Clerk of the Trincomalee Kachcheri, with Miss S. Annappooranam, eldest daughter of Mr. N. Swaminathapillai, Landed Proprietor and ex-Member Local Board, Trincomalee, was solemnized according to Hindu rites at "Sunthara Vasam", Trincomalee at 8 p.m. on Wednesday the 25th October 1939.

Sreela Sree R. Poorananandeswara Kurukul officiated at the ceremony.

The registration was attested by Mr. D. Rajaratnam Proctor, and Chairman, U. D. C. and Mr. T. Canagaratnam, Retired Clerk, Irrigation Department.

Leading citizens of Trincomalee and the closest relatives of the bride from Jaffna, Colombo and other places were present.

Special "Nagasuram" set from Jaffna played choicest music on the occasion. (Cor)

## TAPPING FOR SWEET TODDY

### State Council Votes against Restriction

By 23 votes to 11, the State Council accepted, on Thursday, the following motion of Mr. Geo-E-de Silva (Member for Kandy):—

That in the opinion of this Council tapping for sweet toddy without any permit should be allowed all over Ceylon so that people who are engaged in this trade will find sufficient employment.



## Value of Reading Rooms

### Library Opened at Alaveddy

"The courage shown by a Tamil girl Valliammai had induced Mahatma Gandhi to learn Tamil. He can now write his name in Tamil with ease" declared Mr. S. Natesan, M.S.C. when the public Reading Room and Library instituted under the auspices of the Alaveddy Maha Jana Sabha was declared open by him on the evening of Sunday the 22nd.

At the entrance to the pandal tastefully decorated for the occasion, a large number of ladies and gentlemen awaited the arrival of Mr. Natesan. On his arrival, he was garlanded by the president, Mr. S. Iliatamy, Proctor S.C. and Mrs. Natesan was presented a bouquet. They were then conducted in procession with oriental music.

Before declaring the Library and Reading Room open, Mr. Natesan, speaking in his inimitable Tamil, said that he never expected he was to open a Library and Reading Room of such get-up. The pandal, he said, was more beautiful than a 'Kayana' pandal. He dwelt at length on the importance of centres for the diffusion of culture and explained the significance of Navaratri and Vijayadasami, and the universality of Shakti worship all over India. "As Saraswathi stands for true knowledge and learning", he continued "the Library and Reading Room to be opened on this auspicious occasion might be regarded as a temple dedicated to Her; for it means the dissemination of knowledge through papers, magazines, books, and personal interchange of ideas". Mr. Natesan concluded by paying a glowing tribute to the ancient civilization of the Tamils, their culture, Philosophy and literature and exhorted the audience and the promoters of the institution to pay more attention to the old words in Tamil which contain eternal truths than to the ephemeral truths of modern literature.

A pair of scissors were then handed to him by the president and amidst music and blessings the ribbon was cut. The automatically parting curtain revealed a gaily decorated Reading Room on an elevated platform and a Library of

two rooms on either side. The speakers and Mrs. Natesan were then conducted to the platform and garlanded by the donors of the Library premises. They were then greeted with songs.

Mr. S. D. Tampoe, speaking next said that Alaveddy was a land of geniuses like Dr. Rockwood, Mr. Hensman, and Mr. Could, and on that occasion too he continued, pointing to the president, he could see living evidences of that fact. He spoke of the Fatherhood of God and the Brotherhood of man and said that England and France were engaged not so much in crushing Nazi Germany as in engendering spirit of the Fatherhood of God and the Brotherhood of man. Quoting instances from the Mahabharata and the Bhagavad Gita, Mr. Tampoe expatiated on the virtues of self-sacrifice and benefaction and congratulated the people of Alaveddy on having erected such a splendid building to prove as a temple of learning for young and old. He concluded with an advice to the youth of Alaveddy in the words of Wilberforce when the latter was asked for a short cut to reach God: "Turn to the right and keep straight".

A few copies of Mr. Tampoe's new poem "Hitler the Maniac or the Rape of Poland" dedicated to his contemporary at Cambridge, Mr. Winston Churchill, were then presented by the author to the Library.

Then followed Nagosvaran recital by T.N. Rajaratnampillai of Tiruvavaduturai broadcast from Madras. Mr. N.A. Subbiah proposed a hearty vote of thanks which was carried with acclamation.

It was 9.30 p.m. those accommodated on the platform made room for a stage performance.

There were four items and one of them was 'Panairajan Natakam' a composition of Mr. S.D. Tampoe. Students of the local and neighbouring schools and some amateurs of the village took part in them. The function came to an end at about midnight. 'Grand success' was the verdict of the dispersing crowd. (Cor.)

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