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STENOGRAPHY AND THE BOOK WORLD

"Mahabharata" Written To Dictation

NEED FOR ABLE STENOGRAPHERS TO SWELL NATION'S LITERARY OUTPUT

By S. R. Ranganathan, M. A., L. T., F. L. A.,
Secretary, Madras Library Association and
University Librarian, Madras

THE relation between the world of stenography and the book world as it is today, is of a reciprocal nature. It cannot be said to have been so, however, all through time. But curiously enough, a similar relationship, as obtains today, seems to have been present in the earlier epochs of history. Hence before entering into a description of this reciprocal relationship, it may be well to trace the history of the purpose of stenography. It is proposed to trace it in the reverse order.

From about the middle of the 18th century, stenography has been taken to be the art of writing legibly, by means of brief signs, at a rate sufficiently rapid to record speech. Two systems of signs had been tried...the orthographic and the phonetic systems. The phonetic system was first introduced in 1755 by William Tiffin into English speaking countries. But it reached a high degree of efficiency with the invention by Isaac Pitman of his "stenographic sound hand" in 1837. Throughout this period the purpose of stenography has been merely that of writing rapidly. There was no question of putting stenography to the same purpose as cipher-writing.

Stenography and Cipher-Writing

In the years before the middle of the 18th century, however, stenography and cipher-writing were to a large extent treated as one. Further the writing was based on orthographic system and not on a phonetic one. In the English speaking world, the first considerable contribution to steno-

graphy in this sense was by Timothy Bright in 1588. The very title of his book will corroborate the statement that stenography and cipher-writing were taken as more or less equivalent. For, his book was called the *Art of short, swift, and secret writing*. The epithets "short" and "swift" refer to the stenographic aspect while the adjective "secret" corresponds to the cipher aspect. Though it is a digression it may be stated that partly on account of stenography serving the purpose of secrecy, stenographers had to be courtiers. Timothy Bright seems to have been a courtier of sufficient influence as to obtain permission to dedicate his book to Queen Elizabeth.

Another instance of a stenographer having unusual influence over legislators and ministers is that of Dr. Byrom. He is said to have invented in 1720 what is known as *Universal English shorthand*. Evidently he printed only 50 copies in 1749 to convince his legislator friends about the efficacy of his system. These 50 copies were intended only for private circulation. But he is said to have used his influence with the legislators to get a special statute enacted for the security of his invention. Throughout the middle ages stenography seems to have thus mixed itself up with secrecy and hence with politics to a large extent.

Roman Period

However we reach a different situation when we enter the Roman period. At that time stenography seems to have been invented and used solely for the purpose mentioned in

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THE KAYAKALPA TREATMENT

PANDIT MALAVIYA ON ITS EFFICACY

A PLEA FOR RESEARCH AND INVESTIGATION

THE following is a continuation of Pandit Malaviya's article on Kayakalpa Treatment.

The treatment started on January 16 and ended on February 24. Pandit Har Datt Shastri and I lived in our respective cottages about 50 feet apart for full forty days. It was a hard ordeal. We did not see the sun for forty days nor did we step out into the open air even in the verandah. We could read occasionally to while away time. But we were advised not to exert much that way either. But on one side in the verandah next to my room for some hours up to noon one pandit performed the Rudrabhishek with the recitation of the Veda; on the other side of the room adjoining mine another Pandit recited the Shrimad Bhagwat. We occasionally were permitted to see a visitor in our rooms, but we were nearly all the time alone. Bath, exercise and massage were forbidden, nor were we permitted to have a shave. Throughout the period of treatment we could use only hot water. For the most part of the day and night we lived in the dark only occasionally using the candle or the electric light when necessary. Our diet consisted of black cow's milk only. We consumed as much as we could. I took 1½ to 2 seers of milk every day.

The Medicine

The medicine that was prepared for us was according to a prescription of Vagbhat, the main ingredient in which was the *Amalaki* with this difference that the Babaji added four more herbal powders to it which were according to him calculated to increase the efficacy of the medicine. The secret of these herbs he had revealed to his trusted disciple Krishna Das only. But after the treatment was over, he told me the names of these herbs and has authorised me to publish them when I should think it fit to do so. He has

promised to show me the herb in their natural form. The medicine was prepared according to the method laid down in Vagbhat in a jungle of palash or dhak trees at a distance of 30 miles from the place where I was living, and was brought here by railway train every day before 8 a.m. One dose of medicine weighed about 6 ounces, consisting of 2 ozs. of *amalaki*, 2 ozs. of butter and nearly 2 ozs. of honey. We were to take two such doses everyday morning and evening. Babaji used to be present at the time of our taking the medicine to encourage us to do so. It was not an agreeable thing to take so much of medicine and butter every day. My friend Pandit Har Datt Shastri took the full dose of the medicine during the whole of the period of treatment without a single omission. After some days I found the dose too much for me and persuaded the Babaji to reduce it by half.

My Experience

I felt quite easy in my cottage for the first three weeks. Pandit Har Datt Shastri had the Shri Yantra to worship and he knew a number of prayers and shlokas by heart. They were his companions. I had also my little store which enabled me to hold communion with my favourite authors. I had plenty of sleep during this period both during day and night. After that, I began to get less than my normal sleep during the night but made up for it during the day. After a short time, I began to have less and less sleep during the night and eventually for some days I had no sleep at all at night and had to be content with a short sleep during the day. Pandit Har Datt Shastri had also ten days of sleeplessness. One of these days he felt unnerved, apprehending danger, but he got over it. Ghana Nand, a promising young Vaidya, served the Shastriji with great devotion. My son Mukund served

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HEALTH WEEK IN JAFFNA

SANITARY SALVATION

POPULARISING HEALTH PRINCIPLES

MR. E. T. DYSON, Government Agent, declared open the Eighth Annual Health Week and Exhibition on Saturday at St. Charles School, Jaffna.

Rev. Dr. T. Isaac Tambyah presided at the public meeting.

Dr. Tambyah said that it was with great pleasure that he was there on the eighth year of the Jaffna Health Association's activities to give all welcome. That they were all able to have Mr. Dyson with them that morning was a great joy.

Sanitary Salvation of Jaffna

The Association had for its goal the sanitary salvation of Jaffna, and although they had not yet reached it, they were sure their endeavours each year are intenser.

Health was a non-communal matter, it was non-sectarian; it was non-denominational. Therefore the Jaffna Health Association, which had that in view, was the only one of its kind in the Island and had always reserved the support it had received from the public.

Fortunately or unfortunately they were as a body independent of Government control, and that fact had made it possible for them to carry on their activities untrammelled. They owed a great deal however to their Government Agent, who was one of their Patrons, and also to their other Patrons, the Northern Members of the State Council.

"We desire" said Dr. Tambyah, "to thank the authorities of the Manipay and Inuvil Hospitals and their staff and all the doctors, especially Dr. Nimalasuriya, who had come all the way from Colombo for our Health Week."

"It is hoped that our annual Health Weeks will popularise health principles by the propaganda work we are doing."

Government Agent's Remarks
Mr. Dyson speaking next thank-

ed Dr. Tambyah for the kind reference to him. He did not deserve, he said, all that had been said.

He paid a tribute to the indomitable zeal of the Secretary (Mr. Alwines) and wished the Health Week success.

Mr. Sam A. Sabapathy, Chairman, U. D. C., congratulated the organisers of that Health Week and Exhibition, all of whom were non-medical men.

Continuing, the speaker said they could get self-government only if each one of them could look after his or her own health. As Dr. Tambyah had remarked, patriotism began at home. "We can ask for self-government only when we are able to look after our own health and the health of those around us."

Mr. J. A. J. Tissaveerasinghe, Proctor, said that that was the last occasion when Mr. Dyson would be with them. Mr. Dyson's going away would be a great loss to Jaffna. Mr. Dyson had always considered the health of Jaffna to be a matter of paramount importance.

At the conclusion of the meeting, Dr. Nimalasuriya explained the nutrition value of the different exhibits, consisting of vegetables and other articles of food.

Mr. R. P. Gaddum Nominated Councillor

It is notified in last Friday's night Gazette that the Governor has been pleased to appoint Mr. Reginald Percy Gaddum provisionally to be a Nominated Member of the State Council, with effect from April 30, 1938, in place of Mr. Evelyn Charles Villiers, who has resigned his appointment.

Mr. Gaddum, who retired from the office of Chairman of the Planters' Association of Ceylon in March after occupying it for three successive years, was the youngest Chairman the P. A. ever had and was also recognised as one of the most hard working and successful holders of the office.

He has always taken an active interest in matters concerning the welfare of planters and the planting industry.

THE KAYAKALPA TREATMENT.

(Continued from Page 1.)

ed me similarly. My sleeplessness was very trying for me. It made me weak. This condition continued for over ten days after the period of taking the medicine was over and I was free to move out of the cottage. I was advised not to live upon milk alone but to take solid food which could remove my depression and bring sleep to me. But I had developed an aversion for solid food. My esteemed and affectionate friend Pandit Braj Behari Choube, the famous Vaidya of Patna, was informed of my want of sleep by my sons. He was kind enough to come from Patna and stay three days to help me to get rid of this sleeplessness. He also strongly urged what the Tapasi Baba had said that I should take plenty of solid food. Kaviraj Kedar Nath, a disciple of Pandit Har Datt Shastri, who had come to see him from Calcutta was also very helpful during the period of my sleeplessness. My doctor friends who saw me also advised me to eat a good deal of solid food. The Tapasji came again and gave the same advice. I have tried to follow it and I have been getting good sleep.

Effect of the Treatment

Both my friend Pandit Har Datt Shastri and myself have distinctly benefited by the treatment. Pandit Har Datt Shastri who is younger than me by fourteen years has greatly improved in health. This becomes evident by a comparison of the photographs which were taken of him just before and after the treatment. Similarly, a comparison of the photograph which was taken of me before the treatment began with the one taken after the treatment was over, shows very well what change has been brought about in my health. The difference is obvious.

I gained 9 lbs in weight. The colour and complexion of my skin have improved. My eyesight has improved. I have got something of my old voice, my memory has regained something of its old strength, my hair has become perceptibly blacker. The shaking of my hand has much lessened. I walk erect. The feeling of helplessness which was settling upon me has given place to hopefulness and confidence. I believe that if I did not suffer from continued irregularity and insufficiency of sleep which has caused me temporary depression the improvement in my health would have been greater. But when I remember how completely I had been run down and how depressed and downcast I looked before the treatment began, and when I compare it with the improvement in my health after the treatment I feel very thankful for the change. My gain would also have been greater if I had been able to perform the preliminary purification of the body by means of what is called the *panchkarma* and if after that I had allowed myself time to gather the necessary strength to be able to go through the treatment. In my

opinion to give a full chance to the treatment the preliminary purification and rest should be regarded as essential. A man should cast off all his anxieties and worries outside the cottage and should have a perfectly care-free mind when he undergoes this treatment.

At what period a particular man should undergo the Kayakalp treatment should be settled according to the advice of a competent Vaidya and in exceptional cases of a sadhu who has had practical experience of the treatment. In one of the books, Vagbhat lays down that it should be done either in early manhood or in middle age that is between 40 and 70. But it will depend upon the health and strength which a man possesses.

One more point, to be referred to according to Vagbhat, is that the use of the Rasayana prescribed by him should result in a new set of teeth coming out in place of the old ones, and in the old nails falling off and being replaced by new ones and also in the hair becoming black. But in fairness to the Tapasi Babaji I must say that he had told me beforehand that a new set of teeth would not come out nor would the nails fall off by the treatment he was giving me. He did expect that the hair would largely become black and that I would look and feel as if I was twenty years younger. As a matter of fact my hair has become black and the change in my appearance is evident from a comparison of the two photographs mentioned above.

My Conclusion

A study of the subject in the books and the cases of rejuvenation which have come to my notice have convinced me that the prescriptions which are given in Charak, Vagbhat and other medical books are capable of producing the effect which is claimed for them except so far as the falling of the teeth and nails and their replacement by new ones is concerned, and except that where it is stated that life can be prolonged to thousands of years, it should not be taken literally. But it should be taken to mean a long period of life.

But this treatment, specially by the cottage entry method, is difficult to carry out, and in the absence of necessary precautions and proper guidance, it may do harm. Among sadhus there are men who have undergone such treatment and who, by a study of the subject, are competent to offer advice in this matter. Their co-operation should be sought and the special knowledge which they possess of the Kayakalp treatment should be made available for the benefit of the public. But wherever it is decided to resort to the Kayakalp *chikitsa* of either the first or the second type, it should be done in consultation with and under the guidance of the most capable and experienced Ayurvedic practitioner. As Charak has laid down every Vaidya is not fit to offer this treatment nor is every man qualified to receive it. It is repeatedly pointed out by Charak and other medical authors that these Kayakalp *rasayanas* were meant primarily for the benefit

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HEALTH AND NUTRITION

Malnutrition and Its Effects In Ceylon

DEFECTS OF CEYLON DIET: A GOOD DAILY DIET

By Dr. A. Nimalasuria

of the Nutrition Department, Bacteriological Institute.

GOOD health is very necessary for people of all classes and races, and there cannot be good health without good food.

Until recent years we knew only in a vague way the food requirements of the individual and the food values of different articles of diet. Today the position has changed; we are able to state more precisely the various constituents of a good diet, the quantity of each constituent which is required by the individual at the different periods of life, and the effects on the individual of a deficiency in any of these constituents.

Surveys were made in different countries to find out how far the diets of people of different economic levels were adequate when judged from scientific standards, and what proportion of the population showed evidence of malnutrition.

The surveys carried out in Great Britain, the United States of America and Sweden showed alarming figures. It was not realised before this that so many people, chiefly among children of the lower income groups, received inadequate diets and were the victims of malnutrition. As a result of the interest aroused steps were taken in these countries and several others to study the problems of nutrition.

If the state of nutrition is bad in rich countries with high standards of living such as Great Britain and the United States of America it is worse in poorer countries like Ceylon. For several years Dr. Nicholls, Director of the Institute of Bacteriology, has been making a study of the problems of nutrition in Ceylon. The results of this study are shown in the greater interest taken in nutritional matters and in the establishment of a Department of Nutrition in Ceylon.

A Good Diet

A good diet contains:—

Carbohydrates, fats, proteins, minerals, vitamins and water.

The carbohydrates include sugars and starches; the former are soluble and the latter insoluble in water. The carbohydrates and the fats are "burnt" in the body to produce energy for the work of the muscles and the organs of the body. Foods rich in carbohydrates are:—

Cereals—such as rice, kurakkan, meneri, oats and rye

Pulses—such as dhals, grams, and soya bean.

Roots—such as potatoes, sweet potatoes, manioc and yams.

Fruits—such as oranges and pineapple.

Fats include animal fats and vegetable oils. In the body fats are stored underneath the skin and around the organs as a protective coating. They are also "burnt" up

in the body for the production of energy.

Foods rich in fats are:—

Animal fats—milk, butter, ghee, fish liver oil, fat of meats and yolk of egg.

Vegetable oils—coconut oil, gingelly oil, soya bean oil, and fat present in nuts such as cashew nut and ground nut.

Many animal fats are rich in substances known as vitamins and for this reason they are superior to the vegetable oils.

Proteins are present in animal and vegetable food-stuffs. They are necessary for the growth and repair of tissues like muscle. Adults require proteins only for repair but growing children, adolescents, expectant and nursing mothers require larger quantities for purposes of growth; at these stages of life they require a greater proportion of animal proteins which are superior to vegetable proteins. Foods rich in proteins are:—

Animal proteins—fish, meat, milk, curds and eggs.

Vegetable proteins—curry beans, dhals, grams and soya beans.

The minerals include calcium, phosphorus, iron and iodine. When any animal or vegetable matter is completely burnt ash remains. This constitutes the minerals. When bone is burnt, this ash forms two thirds of its weight. Teeth are richer in mineral constituents. The chief minerals in bone and teeth are calcium and phosphorus. Calcium and phosphorus are therefore important in the growth of bone and teeth. Phosphorus is found in abundance in Ceylon foods but calcium is deficient and therefore our diets must be so constituted as to contain adequate amounts of calcium. Adult bones and teeth do not grow; and so the calcium requirements of adults are not very great. Children and adolescents grow and it is therefore necessary that their diet should contain more calcium than those of adults. Expectant and nursing mothers have to provide food for the growth of the infant; their calcium needs are also greater than those of adults. Foods rich in calcium are:—

Animal—crab, eggs, small fish, dried fish (large or small), milk and curd; dried sprats are very rich in calcium.

Vegetable—Kurakkan, gingelly seeds, gotukola, tampala, dhals, grams and soya beans.

The greater part of the iron in the body is in the blood; the red colour of the blood is due to a compound of iron, and the health and nourishment of all tissues depend upon an adequate supply of rich blood. Iron is present in large quantities in Ceylon foods. Foods rich in iron are:—

Animal—Liver, dried sprats, crab and yolk of egg.

Vegetables—mukunuwenna, tam-

pala, kankun, kohila, spinach, dhals, grams, jaggery, and soya beans.

ACTING GOVERNOR- SHIP OF ORISSA

How Crisis is being Solved

New Delhi, May 7.

The Lucknow Correspondent of "The Hindustan Times" understands that H. E. Mr. Hugh Bomford, acting Governor of the Central Provinces, who will relinquish charge in the middle of May, is expected to be appointed acting Governor of Orissa in the place of H. E. Sir John Hubback when he avails himself of the leave which he has had to cancel this week to avert a Ministerial crisis in Orissa.

Mr. Bomford will, says the correspondent, proceed to Orissa by the middle of May.

KING'S BIRTHDAY CELEBRATION

Levee on May 9 and Presentation on June 11

In connection with the official celebration of the King's Birthday, the Governor will hold a Consular reception and a levee in the morning on June 9. At night there will be a reception and ball at Queen's House.

The presentation of insignia will take place on June 11.

pala, kankun, kohila, spinach, dhals, grams, jaggery, and soya beans.

In spite of this, anaemia is very common in Ceylon. Malnutrition is probably an important factor but the diseases ankylostomiasis and malaria are also responsible. This anaemia can be overcome by eating foods rich in iron and at the same time treating the disease.

Iodine is present in fish and shellfish.

Vitamins

Vitamins are chemical substances present in small quantities in food. They are essential for growth and health.

There are several vitamins and they have been named alphabetically, A, B₁, B₂, C, D etc. Those who take insufficient vitamins in their food sooner or later develop signs of disease, and the type of disease depends upon the vitamin deficient in the diet.

Vitamin A is present in many animal fats such as butter, ghee and fish liver oils. It is not present in fats of vegetable origin but substances called *carotenes* from which it can be formed in the body are found in green leafy vegetables and vegetable fruits.

Foods rich in vitamin A values are:—

Animal—eggs, butter, milk, ghee and fish liver oils.

Vegetable—dhals, grams, soya bean, carrots, yellow sweet potato, green leafy vegetables such as tampala, kankun, mukunuwenna, gotukola, kohila, vegetable fruits such as bandakka, drumsticks, French beans, jak fruit and tomatoes.

A deficiency of vitamin A in the

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ENHANCED POSTAGE TO MALAYA

"UNPOPULAR"

DEPUTATION TO WAIT ON MINISTER

THE unpopularity of the enhanced postage to Malaya was discussed at a public meeting in Jaffna held on Monday and it was decided to make representations to the authorities on the subject.

Proposed by Mr. B. P. Nicholas and seconded by Mr. S. Adchalingam the following resolutions were carried unanimously:—

"That a representation be made to the Hon. the Minister of Communications and Works on the subject of the unpopularity of the enhanced postage to Malaya. Decided also to send copies of the Memorial to all the Members of the Committee."

"That a deputation of four to wait on the Hon. the Minister of Communications and Works and present the Memorial in person.

That the deputation to consist of:—

Mr. B. P. Nicholas
Mudaliar. Ponnampalam
Mr. V. Suppiah
Mr. S. Kanapathipillai"

On the motion of Mr. W. Ponnudurai, seconded by Mr. T. N. Appadurai, it was decided to write to the Malayan Association to take up the matter.

Mr. A. Thambyrajah was appointed Secretary.

GANJA HID IN SUIT CASE COVER

Excise Detection at Nallur

Four pounds of ganja hidden and secured in the cover of a suit case was detected by the Excise and Police near Kaikula Bazaar, Nallur, on Tuesday at 6-30 p.m. while the contraband was being transported from Vaivettiturai to Jaffna.

On information that Ayadurai Kattamuttu, Arunasalam Somasundaram and Sundaram Durairatnam of Valvettiturai were taking ganja in car No. V. 1820, the police at Valvettiturai and the excise followed the car as far as Kaikula Bazaar and on examining it found 4 lbs. of ganja hid in the cover of a small suit case. The ganja was hidden between the two layers of the cover. The contraband along with the car was seized by the Excise Party.

Personal

Adigar A. Naganather will be away at Kandy from the 14th inst. till the end of the month.

THE JAFFNA HINDU COLLEGE

Playground Fund

The playground is being cleared and made ready for use when the College reopens on Wednesday, the 18th instant. Subscribers to this Fund will greatly oblige if they will pay up their dues without delay.

S. ADCHALINGAM,
Hony. Treasurer.

Jaffna,
12-5-38.



Hindu Organ.

THURSDAY, MAY 12, 1938.

THE ROME-BERLIN AXIS

HERR HITLER'S SHORT BUT epoch-making visit to Rome has naturally given rise to a great deal of speculation and reflection as to what is to be the outcome of the meeting of the two Dictators. As is well-known, the Fuehrer has but paid a courtesy visit to the Duce who visited Germany some months back. The German Dictator was given a kingly reception almost unparalleled in the annals of Italy. Wherever he went he was feted and honoured in a studied manner best calculated to impress upon the world the community of interests and the solidarity of the Rome-Berlin axis. As was to be expected, parades and fiery speeches were the distinguishing features of this momentous conference between the Dictators who have more than any other single element contributed to the instability and insecurity of Europe. No wonder that, in these circumstances, HERR HITLER observed in a statement on the eve of his departure from Rome: "It has been too beautiful. I noted a truly remarkable friendliness on the part of the whole population."

Reading between the lines one can understand Italy's reaction to the pan-German hegemony in Central Europe. Notwithstanding all the professed sympathy and friendliness, Italians have reason to fear that their interests stand to lose by German occupation of Austria. It is reported that commercial interests in Italy are in jeopardy as a result of the diversion of Austrian trade from the Adriatic to the North Sea. While it is true that Italy has no real interest in the independence of Czecho-Slovakia any more than in that of Austria, the fact cannot be gainsaid that, beneath the veneer of high-sounding friendship and solidarity, there lurks the fear that German hegemony in Central Europe would lead to a conflict of Italo-German inter-

ests. Italy may well be said to be "on the horns of a dilemma" in this respect.

The Fuehrer is reported to have made the declaration in a spirit of intimidation that "one hundred and twenty million people are determined to secure vital rights in the face of a world which does not understand them". It is clear that in this estimate he includes Germany, Italy and Austria. A note of defiance is discernible in this statement which may well serve as a token of what the Rome-Berlin axis is capable of in Europe. Be that what it may, in view of the Anglo-Italian agreement, Italy is more likely to play the role of the "honest broker" in matters affecting Germany and other Western Powers. It remains to be seen how far British diplomacy will succeed in weaning Italy from Nazi Germany.

Mr. Akbar's Resignation

Mr. M. T. Akbar's resignation from the Colombo Municipal Council has more significance than its news value. His resignation is attributed to differences of opinion evidently with regard to the selection of the Municipal Commissioner. We have been watching with no little interest the trend of events in connection with this matter. The reformed Council which started under very happy auspices under the Mayoralty of Dr. R. Saravammuttu, the first elected Mayor, has soon found itself in an intriguing position over the appointment of a Commissioner. The post is a fat plum that has brought round it a wrangle that does not redound to the good name of the Council. Despite the definite condition laid down against canvassing for this post, it has been brought to light that vigorous canvassing has been going on and that the Councillors stand divided among themselves as supporters of different candidates. As a result bad blood has been created and Municipal politics has been demoralised on this score. If parties in Council are formed to push the claims of candidates for posts in the Council, then surely, one cannot expect healthy co-operation among Councillors for the efficient administration of the city. We are constrained to observe that similar situations arise in the Jaffna Urban Council too but happily they pass off, leaving nevertheless a stigma on the Council. Mr. Akbar's resignation should serve as a timely reminder of the high responsibilities of Councillors who should be above suspicion in such matters where one's merit ought to be the sole criterion. To rid local governing bodies of this opportunity for "dirty" politics, we would strongly advocate that expert or high-salaried appointments should

be left in the hands of the Public Services Commission which is not easily subject to personal obligations or favours. Thus alone can the local Government as well as the central Government be freed from the petty wranglings and intrigues that poison the public life of this country.

The Nevins Selvadurai Scholarship Fund

We published in our last issue a letter from a distinguished old boy of the Jaffna Hindu College, who would remain anonymous, commending to the old boys the idea of founding a scholarship at the Jaffna Hindu College in memory of the late Mr. Nevins Selvadurai Pillai. To quote his own words, "Those of us who had been his pupils realise how much we, in particular, and the Hindu community, in general, owe to him and his illustrious father to whose efforts we owe the existence of our foremost national institution, the Jaffna Hindu College." We need not labour the point that "The Nevins Selvadurai Pillai Scholarship Fund" will prove a fitting and lasting tribute to the services of the late Mr. Nevins Selvadurai who is enshrined in the hearts and minds of thousands of his devoted pupils not merely as a memory but as an inspiration. We are confident that his pupils, who today occupy positions of trust and responsibility in Ceylon and outside, will practically demonstrate their grateful affection for their old teacher by contributing generously and promptly towards the Fund. All contributions, however small, will be thankfully received and duly acknowledged in the "Hindu Organ". Remittances in this connection should be addressed to the Manager, "Hindu Organ" who happens to be also the Hony. Treasurer of the Board of Directors of the Jaffna Hindu College.

MADRAS SPEAKER TO RESIGN?

Madras, May 9.

The "Madras Mail" writes: It is understood in responsible Congress circles that Mr. Bulusu Sambamurthi has communicated to the Congress Working Committee his desire to be permitted to resign the Speakership of the Madras Assembly.

Interviewed regarding this report Mr. Sambamurthi refused either to confirm or deny it.

Rs. 7-50 Ceylon Postal Orders

As the supply of Ceylon Postal Orders of the value of Rs. 7/50 is exhausted owing to an abnormal demand, there will be no further issues to Post Offices from the Head Office until the fresh supply, for which a cablegram has been forwarded to the Crown Agents, is received.

(Post Office Communiqué)

Our Colombo Letter

(From our own Correspondent)

Colombo, May 11.

A Venture in Tamil Journalism

THE Samasamaja Party has taken the first steps in the direction of a left vernacular press with the publication of its 2-cent Tamil paper under the name "Samatharmam" (சமதர்மம்). It is to appear weekly and is to be devoted mainly to the cause of the working class movement in Ceylon. The first issue contains an enthusiastic report of the Jaffna Youth Congress sessions and a leading article on the aims of the paper. The Party English paper "Samasamajist" has not made its appearance these past few months. It began as a weekly but poor public response soon made the Party convert it to a monthly, and now it seems to have died a natural death. The story of its struggle for existence has an important lesson for all socialists viz that the intelligentsia of Ceylon has interest neither in the working class struggle in Ceylon and elsewhere nor in the ideology which inspires the movement. On the other hand the Sinhalese paper has been immensely popular and I am told has a circulation of over 10,000. Has Communism got a hold on the masses?

Mr. Perinpanayagam advocates Ahimsa

IN spite of temporary agreement on the more immediate programme of action there seem to be insuperable barriers in the way of an alliance between the Jaffna Youth Congress and socialists. Proof of this was given when Mr. Handy Perinpanayagam pleaded for non-violence in the course of an address on "The moral equivalent of war" at the Twentieth Century Club here yesterday. To Marxists, the advocacy of non-violence by socialists is an unpardonable heresy, the heritage of the hated Second International. In Ceylon politics, however, differences, ideological or otherwise, have never counted for much; other factors, better not referred to specifically, seem to be more important.

Constitutional Reforms

OUR Governor seems to possess the inestimable gift of inspiring confidence in almost everyone who approaches him with this or that favour. Over the constitutional reforms question, both the leaders of the National Congress and the rabid minority communalists seem equally confident. Everybody seems anxious about the recommendations he had made.

Undergraduates Congratulate Jaffna

THE University College magazine, which is just out, contains an editorial article entitled "Why Politics?"—a plea for greater interest in politics by undergraduates. One gathers from it that not much interest in politics is evinced by our University youths although a perusal of the magazine suggests the contrary—it is crammed full of articles on current political movements. The editorial notes contain the following reference to Jaffna.

"The Editor feels it his bounden duty to remind readers of the existence of a Chinese Red Cross Fund in Ceylon, due largely to the untiring efforts of our, in this instance, more 'progressive' brothers of the North."

APANESE PREPARE TO USE POISON GAS

Dr. Koo Warns League

CHINESE CLAIM SUCCESS AT SHANSHI

Geneva, May 10.

THE solemn warning that Japan had completed arrangements to use poison gas on a large scale to break the Chinese resistance on the Shantung front and an appeal for immediate steps to forestall such an infamous crime was made by Dr. Willington Koo in a speech at the League Council.

Dr. Koo complained bitterly of the League inaction, despite its previous resolutions and hoped that the apathy would be rectified in the interest of international law and order. In the meantime he said the tide of battle was gradually turning in favour of the Chinese and at Taierschwang last month the Japanese suffered the first major defeat of their military history. The myth that the Japanese army was invincible, was now shattered.

Japanese Falling Back Hankow, May 10.

The Japanese appear to have abandoned their plan to smash the Chinese lines near Taierschwang beginning with the pincer movement on Kweitch to the west of Hsuechow.

The Northern force is striking towards Kweitch from Tsining. Chinese forces on the Grand Canal are bitterly contesting the Japanese advance.

The Japanese southern arm is pushing to the north-west from Huaiyuan to Kweitch, through Mengchen, where severe fighting is raging.

Meanwhile the Chinese claim that South-Eastern Shansi has been practically cleared of Japanese troops and that the Japanese forces in North Shansi are falling back on the Great Wall and concentrating on two strategic passes on the Great Wall.

LANCASHIRE AND CEYLON TEXTILE IMPORTS

Britain losing to Japan

"Lancashire is far from pleased with the latest trade returns of textile imports into Ceylon and claims that the figures prove that the fears previously expressed over the increase in the Japanese quota are more than justified and that British cotton manufactures are now losing trade to the extent of £200,000 a year" says the London Correspondent of the "Daily News" in his last week's letter.

Colombo Municipal Commissioner

Colombo, May 11.

Mr. S. P. Wickremasingha, Deputy Rubber Controller, was elected Colombo's Municipal Commissioner at the Municipal Council meeting this afternoon by 11 votes to 10.

Rehabilitating Cigar Industry

Resolutions of Cigar Workers' Meeting

The reduction of railway freight on tobacco and cigars was demanded at the annual general meeting of the North Ceylon Cigar Workers Union held on Saturday at the Mankayatkarasi Vidyasalai, Nalloor.

Messrs. A. Mahadeva and G. G. Ponnambalam were taken in procession from the Anaipanthi junction to the school where a large number of cigar hands and others interested in the industry had assembled. Mr. P. Moses J. P. presided at the meeting.

Others resolutions passed urged the fixing of a scale of wages for cigar hands, opening of night schools for children employed in cigar factories, and calling upon State Councillors to take steps to rehabilitate the cigar industry.

The two State Councillors promised to do all in their power to help the industry. Among those who spoke at the meeting were Messrs. C. Ponnambalam, V. Veerasingham, T. Kumaraswamy, T. N. Subbiah and A. K. Subramaniam.

MR. ORMSBY-GORE A LORD

London, Sunday.

The death has occurred of Lord Harlech, the father of Mr. W. Ormsby-Gore, the Colonial Secretary.

Mr. Ormsby-Gore succeeds to the barony and thus a by-election at Stafford is involved. A change in the Colonial Secretaryship is likely now as Mr. Ormsby-Gore goes to the House of Lords. He could retain office in the Upper House but will probably not do so in view of the Opposition's dislike of Cabinet Ministers being Lords.

NAVATKULI STATION- MASTER FETED

Navatkuli, 9-5-39.

Friends and well-wishers entertained yesterday at a garden-party Mr. N. S. Sithamparappillai, Mrs. Sithamparappillai and children in the station premises on the eve of his departure on transfer to Mankulam Station.

Speeches were made commending his excellent qualities of head and heart. They wished him success and happiness at Mankulam.

Mr. N. S. Sithamparappillai thanked briefly. (Cor.)

Sinhala Maha Sabha on Reforms

Deputation Waits on Governor

Nuwera Eliya Wednesday

A deputation from the Sinhala Maha Sabha consisting of Messrs S. W. R. D. Bandaranaike, J. L. Kotalawala, Dudley Senanayake, P. T. P. Panditha Gunawardena, E. Nugawela, A. P. Jayasuriya, D. J. Senaratne and M. P. de Zoysa, waited on the Governor at Queen's Cottage today.

The deputation submitted that the Sabha stood for the fullest measure of self-Government necessary for the unfettered development of the people. The constitution had revealed serious defects which required remedying immediately.

The deputation was strongly of opinion that the franchise should remain unchanged. As far as the Indians were concerned the franchise should be restricted in such a fashion as to keep in line with the intentions of the framers of the constitution.

The Officers of State should go as they serve no useful purpose, and a cabinet system of Government should be introduced.

The Public Services Commission should be reconstituted and should consist of an independent body of unofficers to be nominated by the Governor.

The discretionary Powers vested in the Governor under Article 22 of the Order-in-Council as amended by the recent order should be removed.

They were opposed to any form of communal representation.

The distribution of seats should be on a strictly territorial basis, taking the numbers or vastness of areas into consideration.

Moors Want New Constitution

Ceylon Moors are making their suggestions to the Governor with regard to Constitutional Reforms.

They want a new constitution and no amendments to the present one. They welcome an enquiry by a Royal Commission.

Viewing with disfavour any representation based on religion and not advancing any claim for representation on that basis, the Ceylon Moors' Association has emphasised in its memorandum to the Governor that communal representation in proportion to numerical strength and vested interests would be the only safeguard to conserve their rights.

Their general prayer is that the representation of Moors be restored by the creation of six reserved seats in the State Council or an alternative form of representation.

They want the franchise restricted by the introduction of a literacy test and a property or income qualification.

They favour, however, the committee system of Government.

MR. AKBAR RESIGNS FROM CITY COUNCIL

Differences over Selection of Commissioner

Mr. M. T. Akbar, K. C., has resigned his seat in the Colombo Municipal Council, by a letter sent to the Secretary of the Council on Monday.

Mr. Akbar is a nominated member of the Council, and his resignation is attributed to differences of opinion with regard to the selection of the Municipal Commissioner.

NEW ELECTRICITY SUPDT. FOR JAFFNA

Mr. C. D. Moraes Appointed

A Special Meeting of the Jaffna Urban District Council was held at the Office of the Council on Tuesday the 10th instant at 5 p.m. pursuant to notice dated the 7th day of May 1938.

Present: Mr. Sam. A. Sathapathy, Chairman; Messrs K. V. Sinnathurai, Vice-Chairman; P. M. Norris, Provincial Engineer, N. P.; S. M. Aboobucker; C. R. Thambiah; R. R. Nalliah; M. Jacob; V. A. Durayappah; C. Ponnambalam; K. Aiyadurai; S. Patanjali; Dr. V. Nadarajah, Medical Officer of Health and the Secretary.

1. The Minutes of Proceedings of the Special Meeting of the Council held on the 30th day of April 1938 copies of which had been previously furnished to each member of the Council were taken as read and confirmed.

2. Considered applications received for the post of Electricity Superintendent.

The Chairman informed the Members that the revised Salary Scale adopted by the Council at the meeting held on the 12th April 1938 had been approved by the Local Government Board.

Mr. K. Aiyadurai moved that the house go into committee to consider the appointment of Electricity Superintendent.

Mr. M. Jacob seconded—Carried.

On resuming Mr. S. Patanjali proposed that Mr. C. D. Moraes be appointed Electricity Superintendent.

Mr. K. Aiyadurai seconded, Mr. R. R. Nalliah moved that Mr. S. Nagendram be appointed Electricity Superintendent.

Mr. K. V. Sinnathuri seconded. Seven voted for Mr. Patanjali's motion and five for Mr. Nalliah's motion.

The Chairman declared Mr. Patanjali's motion carried.

It was decided that Mr. C. D. Moraes be appointed Electricity Superintendent on probation for a period of one year on a salary of Rs. 2,400 rising by annual increments of Rs. 120 to Rs. 3,600 and a motor car allowance of Rs. 480 per annum; be required to enter into an agreement to serve the Council for a period of three years and thereafter at any time to give three months' notice in the event of his desiring to leave the services of the Council and to furnish security in Rs. 2,000 by hypothecation of property or through a recognised guarantee association. The appointment to take effect on the 15th day of May 1938 or as soon thereafter as possible.

3. It was decided that Mr. T. R. T. Muttaveloe be in charge of the Electricity Department till Mr. Moraes takes over.

4. It was decided to approve the agreement entered into by the Chairman with Contractor S. Selliah for excavating, transporting, piling, spreading and consolidating gravel on specified lanes.

A Welcome Shower

After a long spell of bright sunshine and blowing, there was a good shower of rain last night.

HEALTH AND NUTRITION

(Continued from page 3)

diet causes night blindness, white patches called Bitot's spots on the white of the eye, softening and degeneration of the cornea or transparent front of the eye, leading to permanent blindness. Mandarina, or "toad skin" best seen in the regions of the elbows is partly due to this deficiency.

Congee does not contain vitamin A and to wear a child and bring it up on Congee is to cause a deficiency of Vitamin A which might lead to permanent blindness.

Vitamin B₁ is a water soluble vitamin. A deficiency of this leads to general ill-health and when marked leads to a paralytic disease called beri-beri.

Foods rich in vitamin B₁ are:—
Vegetable—country rice, wholemeal flour, brown bread, dhals, grams, soya bean, ground nuts and fermented toddy.

Animal—liver, kidney, pork, milk and curd.

The outer parts of grain contain vitamins and minerals and when rice is highly polished it is deficient in these. Parboiling rice distributes some of these vitamins and minerals into the interior of the grain and thus polishing parboiled rice does not entirely remove these important substances.

Vitamin B₂ is another water soluble vitamin. A deficiency of this causes impairment of the growth, general ill-health, sore mouth and some skin diseases. Foods rich in it are:—

Vegetable—dhals, grams, soya bean, potatoes, sweet potatoes, yams such as elephant yam, ash plantain and fermented toddy.

Animal—beef, eggs, ham, liver, kidney, pork, milk, butter-milk and curd.

Vitamin C is yet another water soluble vitamin. A deficiency of this causes loss of energy and vague bodily pains, while an extreme deficiency causes a bleeding disease called scurvy.

Foodstuffs rich in it are:—

Green leafy vegetables, such as mukunuwenna, tampala, kankun and spinach, vegetable fruits such as drumsticks, ash plantain, and tomatoes;

Fruits such as grape fruit, lemon, lime, orange, guava and rambutan.

Cooking destroys this vitamin and therefore uncooked fruits or lightly cooked mellons should be taken daily.

Boiled milk is deficient in vitamin C and children whose diet is mainly milk should receive a little sweet orange, lime, tomato or other fruit juice daily.

Vitamin D is a fat-soluble vitamin. It is necessary for the proper growth and health of bones and teeth. A deficiency of this leads to rickets and some forms of decayed teeth. It is present in milk, butter, ghee, yolk of egg, fish liver oil and in very small quantities in green vegetables and vegetable oils which have been exposed to the sun.

Vitamin D is formed in the skin when a person is exposed to sunlight. Hence it is good to allow children to play in the open for an hour or two each day. Excessive exposure is not necessary or good for children in the tropics.

Building up a good daily diet

1. A cereal such as rice must be present in sufficient quantity.
2. A supplementary source of carbo-

hydrates such as sweet potatoes³ or yams should also be taken.

3. Proteins must be present and some of it from animal sources, fresh fish or meat or eggs or dried fish or milk or curd must be present. When the quantity of animal proteins taken is small, dhals or grams must be included in the daily diet.

4. Sufficient calcium must be present; it can be obtained from small fish, dried or fresh, eggs, milk, curd; gotukola, tampala and kurakkan.

5. Adequate vitamin A must be present in the diet. Milk, butter, ghee, fat of meat, liver, green leafy vegetable or vegetable fruits must be taken. Green leafy vegetables should be taken daily. They will then supply the vitamin A and iron.

6. Adequate vitamin B must be present; meat dhal, curd or milk will supply this.

7. Vitamin C can be supplied by taking fresh fruits, or lightly cooked green leaves daily.

This should complete the normal adult diet.

Children require less carbohydrates but relatively larger amounts of proteins, especially of animal origin. Their calcium requirements are greater than those of an adult.

Adolescents require as much carbohydrates as adults, but more proteins and calcium.

Expectant mothers require more proteins and calcium than adults.

Nursing mothers require much more carbohydrates, proteins and calcium.

It will be seen that increasing the consumption of milk or curd is a satisfactory way of adapting the adult diet to the different periods of life.

Defects of some Ceylon diets

1.—Low proteins—chiefly of the animal variety. Animal proteins are generally expensive. A cheap source is dried fish, especially dried sprats which would also supply calcium and iron.

2.—Low calcium—many calcium containing foods are expensive except small fish, the green leaves, tampala and gotukola, and kurakkan.

3.—Low vitamin A—The animal foods rich in vitamin A are again expensive but green leafy vegetables and pulses are not expensive.

4.—Low vitamin B₂—many animal foods are rich in it; vegetable foods such as pulses and roots are rich in it. Curd taken two or three times a week will correct this deficiency.

There is yet another aspect of nutrition which requires emphasis. When about half the population of a country suffer from malnutrition, its effects are very far-reaching.

Malnutrition is associated with general ill-health, lowered bodily resistance and a greater liability to disease. This is a vicious circle: malnutrition lowers the individual's resistance to disease; makes him less capable of efficient work and this causes greater poverty; and greater poverty increases malnutrition. Thus malnutrition and disease weaken the race and lower its efficiency. The economic losses to the individual and the State are considerable. Many countries are finding it more satisfactory to spend money on nutrition and health than let malnutrition and disease lower the vitality and earning capacity of a people.

Does Ceylon Dump Copra into India?

Trade Commissioner Disproves Charge

M. R. M. H. Kantawala, Ceylon's Trade Commissioner in India, writes:—

"India's coconut crops have been found to be insufficient for her internal needs. They are barely enough for ceremonial uses or for edible purposes in the raw—much less for conversion into copra and oil. Even Cochin which is the heart of the South Indian coconut plantations was obliged to import 90,000 bags of copra from Ceylon in 1937.

"It is well known that all copra for export from Ceylon is required by law to be sold at open auctions in Colombo; the Indian miller or his agent bids for his requirements at these auctions and purchases only if the price suits his needs at market parity. Some of the Indian millers have their own branches in Colombo and communicate Indian prices daily by cable directing them to bid upto a certain figure and not beyond.

No Dumping

"I have it on the authority of one of the biggest Indian crushers that the present Ceylon prices although absurdly low do not suit them at market parity. It is clear therefore that Ceylon does not dump her produce into India at distress prices. Dumping cannot arise where there are open auctions, and where even today's quotations may be materially different from the highest price that had ruled yesterday. But the prices may be brought down by formation of rings.

"Ceylon producers are just as badly hit as the South Indian producers by the continuously steady fall in prices. The Ceylonese, more perhaps than even the South Indians are entirely dependent for their livelihood on their coconut plantations and have in most cases to pay high rates of interest to the South Indian money lenders for the loans taken for augmenting, improving and cultivating their estates. The present low prices if continued longer will spell greater ruin to them.

Groundnuts and Copra

"The official crop forecasts issued by the Government of India reveal an increase by over 23 per cent. in the crops of groundnut and an increase by over 9 per cent in the crops of gingelly in the present year. The price of groundnuts in July 1937 was Rs. 3.2 per candy of 500 lbs. Indian copra was then Rs. 71 per candy of 600 lbs. Groundnuts sagged in December, 1937, to Rs. 6.1.3 and copra correspondingly to Rs. 56. Today groundnuts are quoted only at Rs. 5.9 and copra at Rs. 80. Are any further arguments necessary to disprove the fallacious statement that the present low prices of Indian copra are due to an influx of forced importations from Ceylon?"

Post Office Holiday

Wesak Day, May 13, will be observed as a Post Office Holiday. Business at all Post Offices in the Island will be restricted.

The Kayakal Treatment

(Continued from page 2)

of the great sages and other servants of the community and for those who are spiritually inclined. This question should therefore be approached in a proper humanitarian spirit which Charak has so emphatically inculcated upon Ayurvedic practitioners. Certainly the predominant desire should not be to make a money-making business of this treatment.

Research Necessary

It cannot be disputed that the treatment by *rasayanas* does lead to a healthy rejuvenation of life. A generality of our Vaidyas have from time to time prescribed *rasayanas* both by the cottage method and by the open air method from which a number of persons have benefited. But Charak and these other writers wrote ages ago. During the last few decades, new methods have come into prominence. In America the miracles of milk have become widely known. Dr. Kellogg has fully described the milk regimen in his "New Dietetics". It is desirable that both the old and new systems should be carefully studied so that the system may be utilised in the best possible manner and any injury from its misapplication avoided. Many points connected with the practice of the system will require investigation and research. It is desirable that a conference of most eminent vaidyas and sadhus who have experience of Kayakalp retreatment should meet to consider these and other questions connected with the Rasayan treatment. I would like such a conference to be held at the Benares Hindu University in the next autumn. I also intend shortly to move the Benares Hindu University start a department of research of Rasayan medicine. I have no doubt that all those who believe in the excellence of the Ayurvedic system of medicine will lend their full co-operation in carrying out the objects mentioned above.

In conclusion I wish to offer my deep thanks to Baba Bishan Das and his disciple Krishna Das for all the love and enthusiasm with which they helped me and Pandit Har Datt Shastri to go through this treatment. If I had not met Babaji I doubt if I would have agreed to undergo the treatment. I also thank Mr. Anand Swami for all the pain and interest he took in connection with my treatment. I also thank the Raja Sahab of Bara for having placed his palash forest at our disposal for the preparation of the medicine. Last but not the least, I thank Lala Manmohan Das who so kindly placed his entire Rambagh premises at our disposal.

I should have published this article much earlier but when I had completed it, I found that I had not yet regained my normal health and could not resume my ordinary activities. For about ten days I had a little touch of fever brought about by exposure. But I have got rid of it now and hope that I will soon regain strength and be able to take up my ordinary work. This temporary set-back in my health should not be regarded as a deduction from the merits of the Kayakalp treatment.

STENOGRAPHY AND THE BOOK WORLD

(Continued from page 1)

the modern definition with which we started, viz., to record the spoken word legibly and by means of brief signs at a rate at which the words are spoken. It is significant that one of the influential stenographic systems was invented in the first century B. C. by the famous Roman orator and author Cicero. He taught his system to his disciple Tiro and the system was thenceforward known as Tiro's system. It was more a scheme of abbreviated writing than of special symbols. If we go further back in time, we find a system of stenography invented and used in the fifth century B. C. by the famous author and historian, Xenophon. Before him another great philosopher and author, Pythagoras, is said to have used his own system of stenography. Thus if we go sufficiently far back in time, stenography was a pure art for recording speech as it is today without any intermingling with "secrecy".

Hindu Period

In ancient India too, stenography has been such a pure art and has had the simple purpose of recording the spoken word at a rate at which it is spoken. We get some valuable light thrown upon our theme—on the reciprocal relation between stenography and the book world—by what is regarded as the greatest epic of the world—*Mahabharata*. The *Mahabharata* was taken to dictation. The terms of contract between the author of the *Mahabharata* and his stenographer are interesting—are as modern as they can be. At any rate these terms of contract are worth pondering over by the stenographers of today.

A Stenographer's Contract

It has been stated somewhere that the highest speed attained in modern stenography is 322 words per minute. But it appears that that high speed can be maintained only for a few minutes. But the author of the *Mahabharata* seems to have come across a stenographer of extraordinary speed and persistence; for he is said to have demanded a condition which was rather perilous to the author. He stipulated* that he would continue to do service only so long as his pencil could be kept writing. The moment the author's words failed to flow so as not to engage his pencil continuously, the stenographer would run away. It was, no doubt, a daring challenge and even the prodigious author of the *Mahabharata* was perplexed by this challenge. But he soon recovered himself and imposed a counter obligation on the stenographer which gave him the necessary relief. The author stipulated that the stenographer should never write even one symbol without understanding the full import of the words. In a sportsmanlike manner, the stenographer accepted this condition. The

author of the *Mahabharata* seems to have exploited this condition; for whenever the current of his words would fail, he would introduce some nonsensical passage now and then. Such passages naturally gave trouble to the stenographer. Before he could decide that it was nonsensical and take down the words the author would compose a sufficient number of verses in advance. The fact that the *Mahabharata* has been completed to the everlasting fame of our motherland is sufficient evidence to show that the stenographer and the author pulled on with one another in a happy, intimate and productive way.

An ill informed Notion

As I stated already, the chief value of this anecdote is the light that it throws upon the reciprocal relation between the world of stenography and the book world. Let us first take the extent to which the book world can help stenography. The condition that the stenographer should not write any word or passage which he does not understand is a wholesome rule, which every stenographer should observe. However it is not an easy condition to fulfill as knowledge is making tremendous strides today almost in every sphere. Each department of knowledge has its own jargon, so to speak. It is necessary that the stenographer should be well-versed in those jargons if he is to fulfill this condition. Remembering the innumerable departments of knowledge in which specialisation is advancing so rapidly today, it can be easily seen that the stenographer cannot make himself fit for the fulfilment of this condition unless he is prepared to read books widely and frequently. The stenographer, who does not put the book world to the maximum possible use, will soon prove a failure. This warning needs to be specially emphasised in our country today. It is not uncommon for a young fellow who is unable to get through the S. S. L. C. Examination to be told, "You are not fit for study, leave the school, learn shorthand and try to shift for yourself". The subnormal youth, whose initial equipment is too poor to carry him across the school barrier and whose capacity for further self-education with the aid of books is perhaps poorer still, is believed to be best suited for stenography! This ill-informed notion should soon leave our popular mind if stenography is to play its legitimate role in the furtherance of the progress of our land.

Need for Specialisation

An able stenographer needs not merely a good initial stock of knowledge and information; he should also get it replenished from day to day by the study of books; he should get himself abreast of the progress made in every sphere of knowledge. More than any other profession, that of the stenographer should give up the prevalent wrong notion that one's education ends the day on which one leaves school or college. He should realise that education is a life-long process that begins in the cradle and can end only in the grave. One can very well force that the time is not far dis-

tant when the progress of knowledge will so outstrip the capacity of individuals that stenographers should also specialise in particular subjects. Certain stenographers could specialise for work in engineering concerns; some others for medical concerns; still others to practise in courts and so on. But till the profession has sufficiently developed, and the market for it is sufficiently widened to admit of such a specialisation, the stenographers of our country will have to depend upon the book world far more than they would otherwise have to.

Stenography and Mother-tongue

Now we pass on to the dependence of the book world on stenographers. We have already seen that our proud possession of the greatest epic of the world had to depend upon a stenographer who could throw a challenge to the author to compete with him in making the flow of his thought as rapid as that of his speed of writing. We complain of lack of books on current thought in our languages, today. The main reason for it is no doubt that for over half a century, the most gifted of our people had been stunted in their creative capacity by having been fed through an alien tongue and by having been obliged to think and write in a foreign medium. The most subtle and the most devastating way in which our future stands undermined by foreign domination is this suppression of creative ability by the indirect means of bringing out a divorce between the thinkers and their mother tongue. It is a matter of experience that creative thought can precipitate itself into vocal form only through the medium of the mother tongue. Apart from this major cause, even granting that some of us can think in the medium of the mother tongue, the physical process of writing out a book is too arduous to make one continue to write books unless one is given all the help that an able stenographer can give. This raises the issue of stenography for the South Indian languages. Since stenography has been made a phonetic one during the last century, it may not be difficult for an agreed system of stenography being adopted for languages like Tamil and Telugu.

Capture Nascent Thought

We see today signs of rejuvenation in our country. We are witnessing the passage of our motherland through a period of renaissance. Our motherland is being blessed today with some souls whose creative capacity is as high as it can be. We have such creative souls in almost every sphere of thought. In close association with them we want an army of able, well-informed stenographers in our mother tongue who can capture the nascent thought of the creative souls and record them for the benefit of the masses. It will be a proud privilege of the present generation of our stenographers to act as pioneers in inventing a suitable system of stenography and applying it for filling the book world with indigenous literature so that our motherland may feel to be second to none in the scale of nations when they are measured by the amount of creative literature each nation has contributed to the literary stock of the world in every sphere of knowledge.

Order Nisi

IN THE DISTRICT COURT OF JAFFNA

Testamentary No. 243.

In the matter of the estate of the late Nagamma wife of Nagamuttu Somasundaram of Nallore

Deceased.

Nagamuttu Somasundaram of Nallore

Petitioner.

- Vs.
1. Somasundaram Samuganayagee
 2. Somasundaram Ananthalechumi
 3. Somasundaram Sanmugasundaram and

4. Visaladehipillai widow of K. Arunasalam all of do

The 1, 2 and 3 Respondents are minors by their Guardian-ad-litem the 4th Respondent Respondents.

This matter coming on for disposal before C. Coomaraswamy Esquire District Judge, Jaffna on the 5th day of February 1937 in the presence of Mr. A. Jerumiah, Proctor on the part of the Petitioner and the affidavit of the Petitioner having been read. It is ordered that the petitioner be declared entitled to have Letters of Administration to the estate of the said intestate as her lawful husband unless the Respondents or any other person or persons interested shall appear before this court on the 21st day of April 1937 and state objection or show cause to the contrary.

Sgd. C. Coomaraswamy,
District Judge.

8-4-37

Drawn by

Sgd. A. Jerumiah,
Proctor for Petitioner.
Extended to 18-5-38.
[O. 5 12 & 15-5-38]

Order Nisi

IN THE DISTRICT COURT OF JAFFNA

(held at Point Pedro)

Testamentary No. 50/P.

In the matter of the intestate estate of the late Wallipillai widow of N. Venasithamby of Puloly West

Deceased.

Nagappan Alvarppillai of Puloly West

Petitioner.

Vs.

1. Nagalosanai daughter of Venasithamby
2. Nagaratnam daughter of Venasithamby
3. Alagammah daughter of Venasithamby all of Puloly West

Respondents.

This matter coming on for disposal before H. S. Roberts Esquire, Additional District Judge, Jaffna on the 30th day of March 1938 in the presence of Mr. A. Nadarajasundaram, Proctor on the part of the petitioner having been read; it is ordered that the petitioner abovenamed be declared entitled to have Letters of Administration to the estate of the abovenamed deceased as Brother-in-law of the deceased and as paternal uncle of the Respondents abovenamed unless the Respondents or any other person shall appear before this Court on the 5th day of May 1938 and state objection or show sufficient cause to the contrary.

The 1st day of April 1938

Sgd. H. S. Roberts,
Addl. District Judge.

Extended and Re-issued for 2nd June 1938.

Sgd. C. E. A. Samarakoddy,
Addl. District Judge.

5th May 1938.

[O. 4. 12 & 16-5-38.]

Sale of Toddy Rents, 1938-39, Mannar District

Tenders are hereby invited for the purchase of the exclusive privilege of selling toddy by retail in the toddy taverns of Mannar District for a period of 12 months from July 1, 1938 to June 30, 1939. Tenders should reach the Assistant Government Agent, Mannar, not later than 10 a.m. on Thursday May, 26, 1938.

2. The conditions of sale and any other particulars can be obtained on application at the Mannar Kachechi.

C. SITTAMPALAM,
Assistant Government Agent.

The Kachechi,
Mannar, 7th May, 1938.

[G 3 12-5-38]

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Y. 65. 1-3-38—31-3-39. (T)

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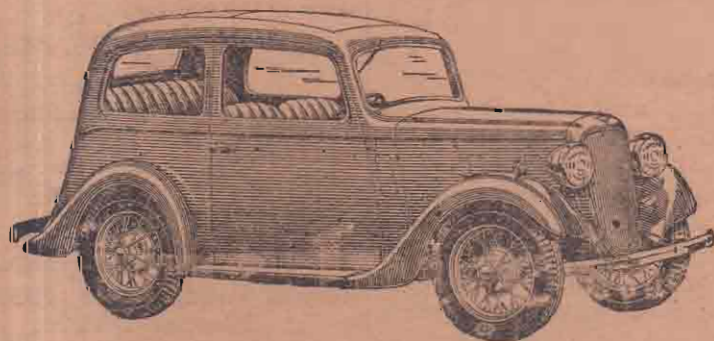
S. P. JOSEPH,

[Y. 54. 22-6-37 to 21-6-38.] [T] Manager, Jaffna Branch.

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