

# THE Hindu Organ.

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FOR YOUR FUTURE

Consult

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C/o Hindu Organ

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NO 28

## SEMI - STARVATION AIDS LONGEVITY

### FATTINESS IS A DEAD LOAD

HAS it ever occurred to you that you might do your work with less effort, shop with ease, play games better and enjoy a vigorous, zestful life—if you starved a bit?

Believe it or not, experiments of medical science in various parts of the world inevitably lead to the conclusion that the majority of us eat too much. The recipe for an abundant and enjoyable long life is, seemingly, a mere pound of food a day, containing few calories but many vitamins.

Most of us, even those who are not 'fat' in the true sense of the word, eat too much starchy food—too much pastry, too much sugar. The result, except in those people born to be lean irrespective of what mountains of food they manage to consume daily, is to put on fatty tissue. In middle-age this tendency, as we know, brings about that condition beloved of humorists—'middle-age spread'.

#### Obesity

Your doctor will tell you of the many dangers of obesity. He will tell you tell you that excess fat is a dead load for the body, that it is a handicap throwing an unnecessary burden on the joints and heart. In hot weather fat people get overheated quickly, causing the heart to transfer unnecessary quantities of blood to the surface of the body so that the excess heat can be thrown off through the skin. Statistics kept by medical science and by insurance companies show that the fat person is less resistant to disease, the mortality rate during epidemics, for instance, being greater among fat people than among lean ones. Epidemics apart, fat people don't live so long.

Well, you may say what IS one to eat, if all these starchy fat-producing

foods are to be avoided or cut down? You may like to copy the example of an Italian Bishop named Luigi Carnaro, who lived in the 16th century. At the age of forty, after a lifetime of prodigious eating, he suddenly cut his daily intake of food down to 14 ounces, consisting of a little bread, soup, and an egg. He drank a little wine, also—and lived vigorously to the age of 102.

#### Statistical Truth

If it is difficult to believe that only by what we might like to call semi-starvation one may expect to live a long and energetic life, then consider the impressive—indeed extraordinary—results of some recent experiments.

In the United States a team of selected scientists with an impressive knowledge of obesity spent two years recently in testing the cause of fatness in men and women. Their 'guinea pigs' were 10,000 ordinary people, chosen to represent a true cross-section of the community, and living ordinary everyday lives.

The scientists found that 95% of those who grew fat did so from over-eating! The other 5% could—rightly—blame their glands! The scientists proved to their own sa-

(Continued on page 4)

#### The Jaffna Hindu College Historical And Civic Association

The following office-bearers were elected by the members of the above association on Wednesday the 4th instant.

Jr. President: Mr. K. Varnasingham.

General Secretary: Mr. N. Satchithanathan.

Asst. Secretary: Mr. T. Nadanasabapathy.

## Farming Methods Revolutionized

Britain is providing from her own fields in ever growing quantities. How this is being done by scientific, modern methods of intensive farming is described in an official survey of food production issued by the Ministry of Agriculture.

The survey shows that the application of organized science to farming has revolutionized both techniques and yields on British farms during the last 50 years. Today they are the most highly mechanized in the world.

The largest part of the land in Britain is used to support cattle, sheep and other livestock. Just under 6,000,000 acres are devoted to producing food.

A big expansion programme was launched four years ago by the British Government with the eager co-operation of farmers. It is planned to be spread over five years and aims at raising food production by 50 per cent above pre-war levels.

Progress has already outstripped expectation. Milk has well exceeded the original target set. Despite the loss of one-fifth of all the sheep in Britain during the disastrous winter four years ago, recovery is now complete. Pigs and poultry have both increased greatly.

Farm workers' output has also gone up considerably—to 25 per cent more than in the years immediately preceding the war, according to the calculations of the Agricultural Economics Research Institute.

#### OBITUARY

We regret to record the death of Mr. T. S. Kanagaratnam, Proctor S. C., on Sunday last at his residence at Chunnakam.

Mr. Kanagaratnam was ailing for a long time. He leaves behind his sorrowing widow and two children.

The funeral took place the same day.

## NEWSPRINT SITUATION SERIOUS IN INDIA

"Since our independence four years ago, our consumption of newsprint has gone up enormously. The price we pay, has risen in geometric proportions. If these trends continue, several of our papers will go out of circulation in the very near future and others become so expensive as to be beyond the reach of the ordinary reader". Mr. K. Singh told delegates of 64 nations, during the debate on newsprint at the UNESCO conference held in Paris on July 4.

He gave two reasons for "special consideration" for India's priority claim for newsprint. Firstly, in India a newspaper fulfils a somewhat different and more important role in the lives of people than do newspapers in European and American countries. In Europe and the Americas, a newspaper is only one of many media of mass communications—the film, radio and television in many cases play a more important role.

"With us neither cinema nor radio sets are yet within the reach of most people to be really effective channels of communication. Consequently whereas in Europe and the Americas the papers are able to devote a large number of pages to advertising, our newspapers are basically used for information. It is for this reason that we have hitherto produced practically no yellow press and our papers still devote a proportion of space to news of national and international import far greater than that in papers in this country, England, United States or Canada". He cited the difference between treatment of the UNESCO conference in Western newspapers—"not more than two or three paragraphs"—and in Indian newspapers—"front-page headline news."

#### To Remove Illiteracy

"Secondly, we urgently need paper to promote our mass literacy campaign launched four years ago. We have over 300 million people to educate—we have to supply them with text-books and exercise books. We do not ask for gifts—we want to pay for what we get but surely there has got to be a limit to the price.

"To my fellow delegates

## Saiva Training School Chief Retires

The Valigamam North Tamil Teachers' Association entertained Mr. S. Swaminathan, B. A., Principal of the Jaffna Saiva Training School, on the eve of his retirement, on Tuesday last at the Mallakam Tamil School.

Pandit S. Kanapathippillai paying a high tribute to the retiring Principal suggested to the teachers of Valigamam North that they should make the best advantage of Mr. Swaminathan's services in the cause of Tamil Teachers.

Messrs. A. Ponnudurai A. Thambipillai, T. Ayadurai and Miss S. Vallipillai also spoke.

Acknowledging with thanks the reception given by the teaching profession to him a retiring teacher Mr. Swaminathan admitted that the lot of the vernacular teacher has become very unsatisfactory and added that no single individual could right these wrongs by himself and that the teachers Association should rise to one man and protest against invidious distinctions that have been drawn between the English educated teacher and the vernacular teacher.

Earlier an address in verse was read.

Mr. S. Kandavanan, President, Valigamam North Tamil Teachers' Association presided.

from Canada and Scandinavia I would say: to educate our illiterate millions we will have to mobilise a number of readers exceeding the entire male population of your countries. That, God willing we will do. Only a small proportion of your production of paper would help us in our war against ignorance."

Addressing the United States delegation, he said: your great country has done and is doing a great deal in promoting the cause of democracy in the world. Why not help us in laying sound foundations particularly as the sacrifices asked for from you do not seem to be enormous."





## Hindu Organ

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Treasure These Thoughts

*"The Self is not born; it does not die. It has not sprung from anything; nothing has sprung from it"*

—KA. UP. I. II. 18

### THE BUDGET

THE GOVERNMENT PROPOSES to raise as much as Rs. 1,244,286,631 to meet its mounting expenditure for the next financial year. It will be observed that the proposed figure is about fifteen times the pre-war revenue of the Island. The biggest amounts have been allocated for Food and Co-operative Undertakings and for Education. When free education was introduced in 1945 the annual expenditure on Education multiplied ten fold; it was about Rs. 90 million for 1950-51 and it is expected to mount to about Rs. 140 million in 1951-52, besides what the managers of schools will have to spend out of Facilities Fees collections. The expenditure under both these heads, viz Food and Education cannot be judged. The world situation regarding food has not shown any signs of improvement. About two thirds of the total quantity required has still to be purchased from outside; the cost of subsidising food supplies, distribution and co-operative undertakings is estimated at about Rs. 175,869,097.

The entire amount allocated for Defence is about Rs. 46 millions, which is a small fraction of what Britain spent every day during the last war. Ceylon has attained independence and will have to be in a position to defend her freedom. The Prime Minister proposes to depend more on friendly relations with the other nations of the world than on Ceylon's army, navy and air force for defence. It will be difficult to state what the inter-national situation will be in 1951-52 and what Ceylon may have to do in the matter.

The anticipated revenue from normal sources falls far short of the proposed expenditure. Over Rs. 300 million will have to be found and ways and means have been proposed. To what extent the proposals will materialise remains to be seen.

### THE JAFFNA HINDU COLLEGE AND AFFILIATED SCHOOLS

The Administration Report of the Jaffna Hindu College and Affiliated Schools read by the Secretary of the Board of Directors shows that all the schools under the Board, and English Schools in particular have undergone great hardships as a result of joining the Free Scheme. The Schools in Grade I have been run at a loss of about Rs. 15,000 every year and debts had to be incurred. It is, however, gratifying to note the net proceeds of the Linga Lights Carnival organised by the Kokuvil Hindu College amounted to about Rs. 26,000 and of the Jaffna Hindu College Diamond Jubilee Carnival to about Rs. 50,000. Mrs. N. Nadarajah had donated to Karainagar Hindu College the Nadarajah Memorial Hall at a cost of about Rs. 60,000. The Parents-Teachers Associations at Chavakacheri and Urumpirai have done good work. Better times are expected. Under the new scheme which has come into force in last April provision has been made for collecting Facilities Fees, the ceiling of which has been fixed at Rs. 5 per mensem from every student. Equipment and Maintenance Grant has been also increased and it is thought that it will be possible to turn the corner and tide over the difficulties.

May the Jaffna Hindu College and Affiliated Schools grow from strength to strength.

### Hindu Temporalities

#### Special Committee's Report Opposed

The following resolution proposed by Mr. S. Veerasingham and seconded by Sri K. Ramanatha Kurukkal was passed at a meeting of Saivaites held at the Inuvil Kandaswamy Temple on the 29th June.

The Saivaites of Uduvil Parish assembled in the holy precincts of the Inuvil Kandaswamy Temple most earnestly request the Government not to accept the report of the Special Committee on Hindu Temporalities for the following reasons:

(a) That the report prescribes an entirely new set of scriptural authorities for Saivaites other than those followed today.

(b) That the Government aims at taking all Saiva temples against the spirit and practice of the Saiva religion.

### INDIAN POLITICAL AFFAIRS.

## NEHRU ON 'DISRUPTIVE FORCES'

### NATIONAL FRONT MUST BE MAINTAINED

IN the course of a statement to the All India Congress Committee Premier Nehru searchingly analyses the present situation in the Indian National Congress. Here are his views.

It is better to keep our soul and to lose an election than to win that election in the wrong way and with wrong methods. There has been a deep searching of heart among Congressmen and some of our old colleagues have left us. It matters little to argue as to whose fault this has been. There is something lacking in us if any old comrade and colleague finds that the Congress is no longer a place for him. We have to find out the reason why.

Some people criticise us for desiring what is called a single party rule and point out the necessity of an effective opposition. I do not understand this criticism and I entirely agree that a democratic legislature should have an effective opposition. But it is equally true that in times of crisis a large measure of unity and national purpose are essential. When disruptive and disintegrating forces are at work, it becomes every man's duty to combat them in the best way he can. The Congress still remains the most potent weapon to combat these forces. It would be a tragedy if a large number of good people with excellent ideals indirectly help these disruptive and anti-social forces.

It is natural for a large country like India to have numerous groups and parties with various objectives and ways of thinking. Let us analyse some of these.

On the one side there are the Communists and the Communalists.

#### Aggressive Communist

The Communists, whatever their ideology, have followed a path of violence and open warfare against the state. No state can tolerate that. Their object appears to have been to create chaos and disruption out of which perhaps something might come. To some extent they have modified their policies and tactics recently, but basically their approach continues to be the same as before.

The communalists are essentially reactionary. They have no social theory and seek inspiration from a certain form of revivalism and a narrow and bigoted nationalism which excludes large parts of the nation. And yet they talk glibly even of socialism and nationalisation, although they represent forces which are entirely opposed to these.

We cannot be taken in by these phrases and we must remember that communalism has already done great in-

jury to India and will, no doubt, do greater injury if it is given a chance. We cannot, therefore, have anything in common with them.

#### Anti-Social Elements

There are other groups which are definitely anti-social and represent certain deep-rooted vested interests in the country, especially in the land. As a rule they look to the communal organisations. With them also we have nothing in common.

We now come to the Socialist Party and the newly formed Praja Party, consisting many of our old colleagues. It is not clear wherein in policy or programme, the Praja Party differs from the Congress.

#### Personal Conflicts

Where there is no clear difference in ideology, personal conflicts arise. This is most unfortunate and cannot but lower our standards. We should try to avoid this at all cost and invite our old colleagues of the Praja Party to do likewise.

The Socialist Party perhaps does not differ very greatly in regard to final objectives from the Congress. But it certainly does differ in so far as immediate objectives and methods are concerned. We have no quarrel with them, though we differ, and there should be the possibility of a large measure of agreement in regard to certain common programmes.

Thus in regard to the Socialist Party or the Praja Party or any like organisation, we should endeavour to have as much of co-operation in working common programmes as possible.

#### Open Door Policy

The Congress must stand on its own programmes and methods and must keep its doors open to all who agree with it. Even those who disagree with it and follow a different course, should be invited to co-operate in some of the larger issues on which we think alike.

The Congress has been in the past something much more than a narrow party. It functioned as a national front. The coming of independence has naturally made a difference and we cannot quite function as of old. But there is still plenty of room for the Congress to be a platform to achieve many common purposes.

It should, therefore, keep its door open and welcome

### Siddha-Ayurvedha Central Medical Store

The North Ceylon Co-operative Ayurvedha Association which was formed recently has decided to establish a Central Siddha Ayurveda Stores in Jaffna.

The following are the office bearers of the above association.

President: Mr. M. Kathiravelupillai.

Vice-President: Mr. K. C. Sanmugam.

Secretary: Mr. A. Rasamayakam.

Treasurer: Mr. V. Ehamparam.

back those of its old members who have in a spirit of distrust or frustration, left it. The situation in the country and the world demand this larger outlook and wider vision.

The Congress must also seek to remedy the weakness and evils that have crept into the organisation and more particularly discourage any organisation, or any of its numerous branches, as its private preserve. Any charges of irregularity or worse in its working should be investigated.

#### Need For Active Faith

All this is necessary, but at best it is a negative approach. What is required is an active faith in its mission and the cause and the capacity to work for it.

What is also required is service of our people and throwing our lot with them. We are not a sect apart but are of the people and we should function as such. If we ourselves have faith, we can convince others.

The coming elections are a test for us, not merely in the winning of seats but in something which is of far greater importance. Are we to function as the ordinary run of politicians, whose sole aim is somehow to win an election, or as votaries of a cause for whom our principles and objectives are more important than seats in Legislative Assembly or Parliament?

I hope that in the choosing of candidates great care will be exercised in the election of men and women of integrity who, by their past record, have shown that they believe in and act up to the principles we proclaim. It will be more honourable for us, and will be of greater service to the cause we serve, if we do this and even lose an election than to win with the help of dubious candidates. Our choice should not be restricted to a narrow circle or groups but should extend to any who fulfil the qualifications laid down.

In particular we have to take special care that an adequate number of candidates of minority communities, as well as from women are chosen.



## WAYSIDE WHISPER

### Reaping The Whirlwind

The 'humiliating position' in which the Sinhala Maha Sabha has found itself is its own seeking. At Madampe it sowed the 'ultimatum' wind and nearer the metropolis the whirlwind of 'humiliation' has been made available for reaping. The mouthpiece of the Maha Sabha has been suddenly confronted with an intriguing position—to choose between two equally incongruous attitudes.

### Nominal Nationalism

The U. N. P. has been subjected to the all round criticism that it may be anything but national. The Soulbury Constitution necessitated the formation of the U. N. P. If for a time the 'national' characteristic of the party was only nominal, the increasing activities of the Sinhala Maha Sabha and Tamil Arasu Kadchi demand that the only Party that can save Sri Lanka from political turmoil should be truly national and secular. The P. M. has well gauged the situation and has administered a rebuff to his recalcitrant deputy and that well in time.

### Peoples' Exhibition

The Imperial Government and the Colonial Administration placed a great value on Exhibitions. But curiously enough the Government by the people also has begun to have a use for these Exhibitions. The C. Plan Exhibition synchronising with the 21st anniversary of the granting of universal franchise to the people of this Island has been undertaken at an estimated cost of Rs. 300,000. It may not be an Election Tamasha but certainly the estimated cost which by no means can be prevented from expansion is prohibitive at a time of economic uncertainty. Do the people need this? The Government should supply the answer.

### GOVERNMENT TENDERS

Deputy Food Control, Jaffna

Tenders for the transport, re-bagging etc. of foodstuffs in the Jaffna district for period 1st October 1951 to 30th September 1952 close with the Chairman Tender Board, Ministry of Food & Co operative Undertakings on Tuesday the 7th August 1951.

For full particulars see Part I Section II. Advertising of the Government Gazette of 13 July 1951.

Sgd, P. O. FERNANDO  
Deputy Food Controller,  
Jaffna.

9th July 1951  
(G. 18 13 & 17)

## Sinhala Sabha Leader Resigns From Cabinet

### Sir Kotelawala: Leader Of House

The climax to the U. N. P. — Sinhala Maha Sabha tug of war was reached yesterday when the Leader of the Sabha, which party proved no match to the P. M.'s party in the pull, suddenly tendered his resignation thus achieving in his words a rare conquest — conquest of himself.

Mr. S. W. R. D. Bandaranaike crossed the floor and sat close to the Leader of the Opposition.

Mr. D. Rajapakse M. P. Beliatta also joined the Opposition ranks.

Mr. Bandaranaike made a statement followed by Sir Kotelawala.

### 15 Yrs for Fratricide

'You must be kept away from Society' remarked Mr. Justice M. F. S. Palle sentencing one Ratnasabapathy of Vaddukoddai to 15 years rigorous imprisonment in the case in which he was charged with having committed murder by causing the death of his younger brother Punniamurthy.

The Jury returned a unanimous verdict of guilty of the charge of culpable homicide not amounting to murder.

Dr. Colvin R de Silva with Mr. G. K. C. Sundarampillai instructed by Messrs S. A. Sabapathy and K. V. Navaratnam defended the accused.

Mr. S. Tirunavukkarasu was assigned counsel.

### Election of V. C Chairman

#### PULOLY

Mr. N. Selliah was elected Chairman of the Puloly Village Committee by the toss of coin. Mr. C. Manickavasagar the opposing candidate and Mr. Selliah had six votes each.

#### VELANAI

Mr. T. Sivarajah, the present V. C. Chairman was re-elected for the ensuing term of 3 years on July 7.

#### KOPAY

Mr. N. Arulambalam was elected Chairman of the Kopay V. C. He secured 7 votes against his opponent Mr. S. Selvarajah who obtained 3 votes.

## Education Day At Mallakam

### Pitiable Plight Of Tamil Teachers

Speaking at the Education Day held on the 10th instant at the Mallakam Tamil School, Mr. C. Vanniasingam, M. P. drew pointed attention to the discrimination that has been arbitrarily placed between the Tamil teachers of the North and those of the Eastern Province and to the most-favoured treatment to Muslim Tamil Teachers and observed that if Ceylon were really free and had a democratic form of Government then the Education policy of the Government could not be what is obtaining at present.

Mr. R. N. Sivapirakasam said that all teachers should be afforded facilities for being trained and that there should be one scale of salary for all Tamil Teachers and added that the Training College should serve as the licensing institution for teachers all of whom should be licentiates.

Pandit S. Ponnudurai proposed a vote of thanks.

The Education Day was organised by the Valigamam North Tamil Teachers Association. Mr. S. Kandavanam the President, presided.

## Guilty Plea In Karayoor Murder Trial

In the case in which Gabriel Saveri of Karayoor was charged with having committed murder by causing the death of Anthony Arulappu alias Arasu of Karayoor by stabbing him with a knife, a plea of guilty of the lesser offence of culpable homicide not amounting to murder under sudden and grave provocation was accepted by Mr. Justice M. F. S. Palle in the Northern Assize Court.

The accused was sentenced to six years rigorous imprisonment.

Advocate M. Balasundaram with Advocate J. Rajaratnam instructed by Mr. Sam A. Sabapathy and Mr. K. V. Navaratnam defended the accused. Mr. C. Thillaiampalam was assigned counsel.

The story for the prosecution was that the accused went up to the deceased calling 'Ede Arasu come' and stabbed him on his chest.

The defence was that there was a sudden fight in which the injury which proved fatal was caused.

## Skantha Varodaya College Athletic Meet

The inter-house Athletic Meet of Skantha Varodaya College, Chunnakam took place on the 7th inst. The Patron of the meet was Mr. P. O. Fernando C. C. S., Government Agent, N. P.

Mr. V. Sivasubramaniam, the Acting Principal, welcoming the Patron of the meet said that he was happy to have conducted the meet successfully under the distinguished patronage of Mr. Fernando G. A., N. P.

Mr. Fernando, said: that, he was very glad to have participated in the meet and asked students who did not win any prize not to be disappointed but to redouble their energy so that they may be successful in the future. The Acting Principal and those responsible should be congratulated for the excellent arrangements made observed the G. A. N. P. concluding his speech.

Mrs. Fernando gave away the prizes.

### Our Astrological Feature

## WEEKLY FORECASTS

"SRI PATY"

FROM 15-7-51 TO 21-7-51

**ARIES** Aswini, Barani, Kartikai 1st part [Medha Rasi]

The first two days of the week are not favourable for any undertakings. Ill health, mental worries, troubles and secret enemies shown. Rest of the week favours financial gain.

**TAURUS** Kartikai 2, 3, 4, Rohini, Mirugasirisha 1, 2 [Idapa Rasi]

Sunday and Monday favourable for new undertakings. Monday night, Tuesday and Wednesday must be spent with care. Improvements promised after Wednesday.

**GEMINI** Mirugasirisha 3, 4, Thiruvathirai, Punarpusam 1, 2, 3 [Mithuna Rasi]

Your health should improve after Tuesday. Some financial success also indicated. But spend Thursday and Friday with care.

**CANCER** Punarpoosa 4, Poosa, Ayilya [Kataka Rasi]

Health must be given particular care from Tuesday. Mental worries and restlessness shown. You will be quick to pick up quarrels. Avoid heated discussions.

**LEO** Maha, Pooru, Uttira 1, [Singha Rasi]

Avoid interfering in other peoples affairs this week if you want to have mental peace. Health needs better care. Eye troubles indicated. Financial gains promised week end.

**VIRGO** Uttira 2, 3, 4, Attha, Chittirai 1, 2 [Kanni Rasi]

A promising week except for some misunderstanding with father's relatives. New ventures will bring forth the desired results. Promise of romantic week end.

**LIBRA** Chittirai 3, 4, Swati, Visaka 1, 2, 3, [Thula Rasi]

Formal affairs need better attention this week. Some improvement in your financial position also shown. But don't rely much on your friends of the opposite sex for getting things done.

**SCORPIO** Visaka 4, Anuradha, Kettai [Vrischika Rasi]

Some scandals shown this week. You will be able to triumph over enemies after mid-week. An expensive but entertaining week-end.

**SAGITTARIUS** Moolam, Pooradam, Uttiradam 1. [Thanu Rasi]

Some financial loss shown this week. Health also needs better care after Monday. Official troubles also not ruled out.

**CAPRICORNUS** Uttiradam 2, 3, 4, Thiruvonam, Avittam 1, 2. [Makara Rasi]

Some domestic disturbances shown this week. You will make some more enemies unconsciously. Don't commit yourself in writing.

**AQUARIUS** Avittam 3, 4, Satayam, Pooraddati 1, 2, 3 [Kumbha Rasi]

Some outstanding success promised this week. Definite improvements in your financial affairs also shown. Ruin to enemies and fame also indicated.

**PISCES** Pooraddati 4, Uttiraddati, Revathi. [Meena Rasi]

Improvements in your business transactions promised this week. Financially an easy week but health must be given particular care.



## Semi-Starvation Aids Longevity

(Continued from page 1)

tisfaction that the fat people ate too much energy-producing food. In other words, their intake of calories was more than was required by the body, which then proceeded to create fatty tissue. The scientists deduced, therefore, that weight could be reduced simply by cutting down on calories while maintaining a high vitamin intake.

### Bulkiness Brings Bad Temper

In Great Britain similar experiments on the causes and results of ageing are being carried out by Prof. F. C. Bartlett, and a selected team of assistants at Cambridge University.

Possibly most extraordinary of all such experiments are those which are being conducted by scientists at the Cornell Nutrition Laboratory in New York. Results of specific experiments to date suggest—fantastic thought—that many should live to be 150.

These experiments have been carried out on white rats. While one batch was over-fed another batch was given a diet low in caloric value high in vitamin value. The results were remarkable. In the case of the former, these grew 'old' quickly, became 'bad tempered' and died of heart failure, diabetes and other diseases.

But the others, on their special diet, remained healthy and agile good-tempered, and reached an age equivalent to a human being's 150 years.

### Exercise No Excuse For Over-Eating

Human beings, of course are not rats. But medical scientists believe that what is true for rodents is true in some degree for people. All we have to do then, to acquire old age gracefully and in good health, spiritually and bodily, is to eat food with high vitamin content and few calories.

And incidentally, those who are overweight may like to know that, according to present day belief in medical science, exercise is vastly overrated as a weight reducer!

So away with the excuse that you may over-eat happily since you take plenty of exercise to 'work it off'! It doesn't work! The true answer, if you want to 'live', is 'semi-starvation'!

(From the Madras Hindu).

## THE GENESIS OF THE SIVA GNANA BODHAM

(BY A SCIENCE GRADUATE)

(Continued from our issue of 10-7-51)

S.—There is ample evidence in the Devarams and other literature composed long after the great deluge, which destroyed the major part of ancient Tamilakam, that the Vedas and Agamas therein referred to were in existence at the time the said literature was composed. It follows therefore that the references are to the (Sanskrit) Vedas and Agamas which continue to exist even after the deluge and not to any old Tamil Vedas or Agamas alleged to have been destroyed by the floods.

T. T. V.—There were perhaps some remnants of the ancient Tamil Vedas and Agamas left over after the deluge and the references may be to these remnants.

S.—If so, it seems very strange that there should be no trace at all of any such remnants at the present day.

T. T. V.—These were probably destroyed by the Jains who were in the ascendant in the present Tamil country for some time before and during the periods of the Devara Hymnists and other Saiva teachers.

S.—If so, the Thani-Tamil position becomes still more inexplicable. There is no reason why the Jains should single out the remnants of the ancient Tamil Vedas for their vengeance and leave the Sanskrit Vedas, the Devarams (generally known as Tamil Vedas) and other Saiva sacred books to remain intact. In fact, they had more cause to wreak their vengeance on the Devarams, &c., especially those of TiruGnanaSampandar and Appar, who condemn their conduct and teachings in strong language and expose their heresies, than on any ancient Tamil books of antediluvian times. Is it not?

T. T. V.—... (no answer).

S.—Saint Sekklar, Umapathiyar and other great teachers, who flourished in the Tamil country after the Devaram period and contributed a good deal to further the cause of our language and religion, speak of the Devarams, &c., as the Tamil Vedam and as sacred songs rendering in Tamil the essence of the Vedas. From this it is clear that the original Vedas were in a language other than Tamil. The Vedas mentioned in their voluminous writings without the word "Tamil" prefixed to the word "Vedas" cannot therefore mean any Vedas other than the Sanskrit Vedas.

T. T. V.—Not necessarily. If they really wanted us to believe that the Vedam without the word Tamil prefixed to it referred to the Sanskrit Vedam, there was nothing to prevent them from saying so in plain language.

S.—Instances are not wanting in which the fact is expressly stated. In Siddhiyar, for instance, we find the word அரியமாய் (as Aryan language) used when speaking of Revelation.

T. T. V.—Inadmissible. This is the work of Arulnandi Devar who wanted to dethrone his Guru Meikanda Devar from his pre-eminent position as the original author of the Bodham and make him an intermediate link only in a long chain of teachers and disciples (சந்தானகுரவர்).

S.—Even earlier Teachers make express mention of Sanskrit in this connection. The Child-Saint TiruGnana Sampandar, for instance, expressly says that Sanskrit is embellished by the Agamas and Mantras (ஆகமத்தொடு மந்திரங்கள் அமைந்த சங்கதம்).

T. T. V.—Sangatham (சங்கதம்) means a cultured language. The use of this word in the Devaram need not therefore be taken as referring particularly to the language of the Aryans.

S.—Quite true. This is exactly the position of the Siddhanti. Sanskrit is an accomplished language highly cherished by all men of culture and does not exclusively belong to the brahmins or Aryans only. It is common property and the treasures therein contained form the heritage of all cultured people including not only the Aryans but also the Tamils.

T. T. V.—... (hesitates)

S.—Regarding the four wise men (Tamils), even their names are not known, but Kachchiyapper, Thayumanavar and others refer to the four Vedic Rishies as Sanakan, &c.

T. T. V.—This is the trick of the wily brahmins. Not only did they create four Rishies to correspond to the four wise men among the ancient Tamils but even fabricated names for them as perjurers generally do. And simpletons

like Thayumanavar and others who did not then have the same facilities for "research" as we have nowadays believed these fables. The names of the wise four of Tamilakam are now at the bottom of the sea.

S.—Students of Puranic literature would probably remember the story of the Vedic Rishi Visvamitra creating duplicates of heaven, hell and the earth with different varieties of plants, &c. The duplicate Shastras are perhaps portions of such creation.

T. T. V.—May be, but with this difference, to wit: that the lost Tamil books formed the original and the existing Sanskrit books constitute the mimicking variety.

S.—It seems very strange that the mimicking variety (Visvamitra's imitations) should endure while the reality (God's own creation) should all vanish (like a mirage).

T. T. V.—m...m...mum.

S.—We can see no reason why our Tamil ancestors should have preferred to call their sacred books by Sanskrit names like Vedam, Agamam, &c.

T. T. V.—This is an inadmissible question. The philological derivations of words can prove nothing.

S.—But it seems to stand to reason that if the originals were composed in the Tamil long long ago before the Sanscritists set foot in India (as alleged), i.e. at a time when there was no possibility of any Sanskrit words coming into use among the Tamils, the Tamil books should have been christened with Tamil names and not with Sanskrit names.

T. T. V.—Another inadmissible question. These names Vedam, Agamam, &c., the whole host of them might have been Tamil words originally and subsequently adapted into the Sanskrit by the crafty brahmins. In any case we are not disposed to discuss any of these philological questions since they can prove nothing as already stated more than once.

S.—If so, it seems useless to proceed further with this discussion.

It is indeed useless to waste more time with the purities and profanities of this type of so-called educated researchmen. These are the gentlemen at whose bidding we are asked to repudiate and give up all our sacred and highly cherished Shastras and the Birthless and Deathless God and His great Devotees who gave utterance to them for our benefit. And all this to what purpose? To spite the brahmins and satisfy our racial and linguistic pride!

### 13. WHAT IS TOLERATION?

Superficial observers who advise toleration and tolerance of other people's points of view will now understand why we are reluctantly compelled to write in this manner. Toleration is a most commendable virtue no doubt. But even ambrosia it is said tastes bitter when taken to excess. அளவுக்கு மிஞ்சினால் அமிர்தமும் கஞ்சாம்.

Surely toleration does not consist in saying ditto to every wild conjecture made by every other man and to every blasphemy (open or implied) that is uttered by anybody else. We are sure we shall not be misunderstood. The Saiva Siddhanti has got his own ideas of toleration and freedom of opinion. But he knows also that freedom does not consist in the freedom of the wild ass. If the ass kicks, he should be prepared to get back his deserts in ample measure. Sow the wind and thou shalt reap the whirlwind. We have given our views on the question of toleration elsewhere and there is no need to go over the same ground here. Our readers will pardon us however if we repeat here once again the following verse from Siddhiyar which deserves to be inscribed in gold and repeated a thousand times in these days of boasted toleration and freedom of opinion.

ஒது சமயங்கள் பொருள் உணரும் தூக்கல்  
ஒன்றோடு ஒன்று ஒவ்வாமல் உளபலவும், இவற்றின்  
யாதுசமயம் பொருள் தூல் யாதுஇங்கு என்னில்  
இதுஆகும் அதுஅல்லது எனும்பின்னக் கதுஇன்றி  
கீதியினால் இவைஎல்லாம் ஒர்தூதத்தே காண  
கின்றதயாத ஒருசமயம், அதுசமயம் பொருள் தூல்,  
ஆதலினால் இவைஎல்லாம் அருமறை ஆகமத்தே  
அடங்கியும், அவைஇரண்டும் அரண்அடிபிழ் அடக்கும்.

Religions and religious books there are many, differing from one another. If it is a ked which is the (one) religion and what its sacred books, that (we say) is the peerless religion which without taking sides reconciles their differences and embraces them all in its broad folds and its books are the books without peers. As all the religious lore of all religions finds a place in the Vedas and Agamas, these are the (incomparable) books and they form part and parcel of God's Grace.

(To be continued)

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