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X

NO. 46

## OUR PRESENT PLIGHT

(BY MUHANDIRAM E. P. RASIAH)

Let us not live in the past. The past persists it is true, but let it be a mere background. The past of an individual or a nation is no doubt inescapable even inevitable yet it is no substitute for the present. Most Tamils from time to time, retail for their own delectation principally, huge portions of our glorious history—a history of which any nation may be justly proud. Pride appears to be our richest possession, pride of our past. We cannot all the same be content with the mere exploiting of our past. The present presses our claim on us. We must be driven to great deeds by the inspiration of our past. The present by our achievement should be fit to be linked on to our great past, so that there may be an unbroken continuity of glory of well doing from the past to the present and on to the future. Let us not stagnate in the slough of self-complacency while the achievable is within our reach and greatness needs but an endeavour for it to be grasped.

Following the granting of Independence, in which the political organisations, the economic structure and the religious conceptions of about 200 years were rudely overturned, the task of reconstructing out of this social debacle, the new cult of civic cohesion devolved on that Great Ceylonese, D. S. Senanayake. But with his sudden demise, his principles and policies were relegated to the background by his Singhalese adherents. Under the new set-up, before any substantial advance could be made towards the reconstruction of Ceylon's social and economic life, "the Singhala only Bill" which gripped the imagination of the M. E. P. Government, came in as a boomerang. It has torn the unity and harmony that had existed for centuries in Ceylon and

thrown the Tamils and other minority communities at the mercy of the majority community.

Daily the utterances and actions of some of the M. E. P. Ministers, who frequently indulge in cowardly attacks on their own muzzled government servants, have given such a rude shock to the even tenor of the national life, that hope seems to be at an end and initiative paralysed. Agriculturists, butchers, transporters, almost every trade and occupation including the Government services seem to feel their security assailed, and no one can really claim to be out of the wood. It looks as if the worst is yet to come and that it would be impossible to escape altogether the blinding effect of the blizzard. In dismay people including the Prime Minister grope in the dark for a way out. Already the prospect of "Declaring a state of Emergency" and government's critics being "put behind prison bars" is in the air. History is being made before our eyes, and difficult times are certainly ahead.

It is regrettable that round about us, Parliamentary Govt.—involving the play and counterplay of varied interests and opinions—is slowly giving place to the Dictatorship of Priests, Sangamayas and some Ministers of the Right and the Left or all jointly. And this Dictatorship is rightly feared as assailing Freedom—freedom of thought, of worship, of language, of discussion and of the Press. The interests and future of minorities appear to be systematically and methodically curtailed, if not set aside, by pursuing a policy of "Divide et Impera"—Drive and Rule.

We have therefore to fight against this political exploitation, its lies and machinations, not because by so doing our cause will meet with immediate suc-

cess but because our cause is reasonable and that, therefore, we must stand up, come what may, for what is just and fair. For this purpose, we need men who would give up their professional work and dedicate their lives for the cause and be able to render full time service for a period of years, if not till we achieve our objective. Men coming here for weekends from Colombo on T. R. P.P. will not do. They must be men who could stand up for the ideals of Peace among the nations for the ideals of social progress, human brotherhood and amity among communities. They must have not only the mental agility but also the moral courage to suffer for these ideals.

We have known men who talk of Peace in high-sounding words in the U. N. O. but prevent reforms, justice and fair-play in their own countries and fight shy of all generous and noble ideals. During the last War, we heard of nothing but the talk of "freedom of small nations and making the World safe for Democracy" Now what is meant by freedom, which has been the theme of so much poetry and oratory, appears to be simply independence of Western rule or domination. From the dawn of history to this day, nearly every numerically superior nation, has brought under its sway weak and defenceless neighbours. It is equally true the latter years, to throw off the foreign yoke and have nearly always succeeded in doing so.

With the proposed amendments to incorporate the Bill of Human Rights in the draft Constitution for a Republic of Ceylon an opportunity presents itself to rectify the errors of the past. The change needed is not so much an intellectual as a psychological one. Unless individuals, groups and parties arise in every

(Continued on page 2)

## Practice of Hatha Yoga

"Health is wealth" Good Health is the greatest asset for you. Without good health you can hardly expect success in any walk of life. Even for spiritual pursuits good health is the pre-requisite. Without good health you cannot penetrate into the hidden depths of the vast ocean of life within and attain the final beatitude of life. Without good health you cannot wage war with the turbulent senses and boisterous mind.

Hatha Yoga is a Divine Blessing for attaining good health. Body and mind

By  
SWAMI SIVANANADA

are instruments which the practice of Hatha Yoga keeps sound, strong and full of energy. It is a unique armour of defence to battle the opposing forces in the material and spiritual fields. By its practice you can combat Adhi-Vyadhi and attain radiant health and God-Realisation.

Hatha Yoga is a perfectly practical system of Yogic exercises of the Indian Rishis and Yogins of yore based on exact principles. There is no vague doctrine here. It imparts to every practitioner definite practical knowledge, fine health, longevity, strength, vim and vitality. You can acquire absolute control over the whole of nature by the practice of Yoga.

Hatha Yoga deals with Shad Karmas, Asanas, Pranayama, Mudras, Bandhas and exercises on concentration and meditation. Asanas pertain to the physical body. They render the body firm and steady and eradicate physical ailments. Bandhas pertain to the Prana. That which binds Prana is a Bandha. They do not allow the Prana to move upwards and the Apana to move downwards. They bind and unite the Prana with the Apana and send the united Prana-Apana along

the Sushumna Nadi. Mudras concern the mind. They represent seals. Mudra means a seal. They seal the mind with the soul or Atma. They do not allow the mind to wander outside towards objects. They direct the externalising minds towards Atma in the chambers of the heart and fix it there. A combination of all exercises is needed.

Sirashasan is the king of Asana. It strengthens the brain and the brain-centres and improves memory and helps Brahmacharya, Sarvang, Hala and Ardhamatsyendra Asans make the spine elastic. Sarvang develops thyroid gland and bestows good health. It helps Brahmacharya and gives longevity. Paschimottanasan reduces fat and helps digestion. So does Mayurasan. Bhujang, Salabh and Dhanur Asans remove constipation and muscular rheumatism of the back. Relax all the muscles through Savasan. Do this Asan in the end.

Ujjiyi, Sitkari, Sukha-Purvaka, Suryabhedha are the various kinds of Pranayams. Through the practice of these Pranayamas, Kevala-Kumbhaka results. Puraka is inhalation of breath; Rechaka is exhalation. Kumbhaka is retention. Kumbhaka gives you longevity and energy. Sitali Pranayama cools your body and purifies the blood. Bhastrika warms the body and removes Asthma and consumption. Practise Bhandhatraya Pranayama. It includes Mula-Bandha or contraction of the anus, Jalandara-Bandha or chin-lock and Uddiyana-Bandha, drawing the belly backwards at the end of exhalation. Maha-Mudra is an important Mudra. This removes piles, enlargement of spleen, indigestion and constipation. These Yogic exercises are dealt with in detail in my book 'Yoga Asanas'.

May you all attain good health, long life and a high standard of vigour, vitality, through the practice of Hatha Yoga and the blessings of Rishis.



தமிழ்சிவாயவே நானாயவே கல்வியும்  
தமிழ்சிவாயவே நானாயவே விச்சையும்  
தமிழ்சிவாயவே நானாயவே நேத்துமே  
தமிழ்சிவாயவே நானாயவே காட்டுமே.

## Hindu Organ

FRIDAY, MARCH 1, 1957

Treasure These Thoughts

*The Sivaratri is an occasion which reminds one of the spiritual values of life.*

### UNNECESSARY INTERFERENCE

THE responsibility that has been assumed by the U. N. to prevent the peoples of the world from being involved in 'cold wars' has not been discharged by this august assembly in any appreciable degree. It is unfortunate that the course of the U. N. had been the subject of adverse criticism by front-bench nations though not concertedly yet each on a different occasion. America, Russia, England, France and India have had grounds to declare, each separately, that the decisions of the Security Council were not in conformity with the general conception of the Charter. Examining the disputed decisions of the U. N. and the statements of the contesting nations, in a detached context, we are convinced that what is undermining the growth of the U. N. and weakening its will to work for peace is the over-enthusiasm of the Big Powers to be persistently interfering in the affairs of other countries with a view to establishing a balance of power in their favour.

The Middle East, the Far East and the South East of Asia have become areas of contention and conflict where the Big Powers are staking all their political capacity to secure a point of vantage. But these power-hunting nations fail to understand the significant fact that this over-zealous attitude on their part has crossed the limits of efforts at peace-making and is perilously drifting towards a conflict of vested interests. Premier Nehru has vigorously condemned this 'interference' under the cloak of pursuit of peace and has made an impassioned appeal to both

There is a press report that on Friday last a deputation of Bikkhus met the Prime Minister and on his assurance that he would take serious steps to put down certain subversive activities among the Tamils agreed to call off the boycott of Tamil shops in Sinhalese areas which they had proposed to launch. The Bikkhus' grouse centred on three alleged activities by the Tamils, the anti-Sri-campaign, the anti-Sinhalese campaign alleged to exist in the Northern and Eastern Provinces, the subversive activities alleged to exist among high Tamil officials in the Public Services. Now the anti-Sri-campaign is a perfectly lawful activity in a free democracy, and it is open to the Government to prosecute the parties con-

Russia and America to give up this political expedition.

The Soviet proposal that the Middle Eastern region should be freed from all outside military interference, appears to be a sound proposition. But the fact that Communist Russia itself had uttered threats of military interference earlier in the struggle for supremacy in the Suez and had launched violent action in Hungary and Poland discredits the Soviet proposal. Thus it has become ridiculous for one Big Power to bring forward a proposition that aims at discomfiting another though the underlying principle may be praiseworthy. Hence it is necessary that the U. N. should unequivocally re-define the terms 'interference,' intervention, 'military aid' assistance and similar slogans to make the member nations feel that it would be a violation of the principles of the U. N. if any power big or small acted or purported to act in contravention of the clearly defined 'prohibitions'. The U. S. and the U. S. S. R. may be proud of their might, their men and military materials. But the world, constituted as it is, cannot be coerced into doing wrong by any nation however powerful it may be. Interference of any sort, intervention in any degree, should be prohibited by the U. N. Then only will this world organisation be able to maintain its position in the interest of peace.

cerned. There is any amount of opposition in Tamil districts to the implementation of the Sinhala only Act which is also a perfectly legitimate activity. The Tamil leaders have taken the most scrupulous care to make a distinction between the Sinhalese people and the Government that carries out the communal policy, and have taken particular care to prevent any boycott or injury to indi-

By

N. SANGARAPILLAI,

B. A. (Lond.)

vidual Sinhalese even under extreme provocation. As for subversive activities by officials, no official has been openly charged or punished so far and we must put it down as an imaginary charge. It is surprising that Mr. Bandaranaike has merely thanked the deputation for their courtesy without pointing out or warning against the impropriety or illegality of their proposal to take the law into their own hands, thus accentuating the communal tension in the country. It is significant that the Prime Minister expressed his pleasure to see the Bikkhus again and tried to be in their good books for fear they might join hands with the U. N. P.

This incident is a bad augury for the future of democracy in Ceylon. In other parts of the world the clergy as a class refrain from political activity and have no political influence. In certain Islamic countries mad mullahs once possessed dominant political influence which has entirely waned at present. It is only in Ceylon that the influence of the Bikkhus has become dominant owing to the absence of competent leadership. In the new political and educational set-up under M. E. P. Government there is a danger that intolerance and obscurantism will be placed in a still more dominant position with the rise of the Pirivenas to University status. The Bikkhus are supposed by the M. E. P. leadership to have enlightened political views and to guide the Government on socialist lines and the principles of the Dhamma. It is strange that such enlightenment cannot see the impropriety or unwisdom of a communal section launching a boycott against the peaceful

members of another community and so much intolerance of a peaceful demonstration against the denial of fundamental rights to a minority.

Tamil-baiting has become the fashion with certain Ministers and leaders among the Sinhalese, particularly with Mr. Dahanayake. He has openly set up the Muslims and the Sinhalese against the Tamils and hopes to ensure a second innings for himself and his party by such baiting. At public meetings he had stated that the Federalists were out to suck Sinhalese blood, that the anti-Sri campaign was directed against the Sinhalese, that more Tamils were qualifying themselves as doctors than Sinhalese and that certain relations of Federalists leaders were doing sabotage in the Public Service. What sort of influence his private talks would have exerted heaven only knows. It is no wonder that the Bikkhus have taken the hint and one or two have actually preached a boycott of Tamil shops

It is no secret that the M. E. P. is out-bidding the U. N. P. for the support of the Bikkhus and other reactionary elements among the Sinhalese by their uncompromising language policy and communal discrimination. Even the decision of the Colobo Municipal Council to conduct its proceedings in English is denounced as a betrayal

of the U. N. P. policy as pronounced at Kelanya. In such an atmosphere of party struggle for power it is idle to expect any chance for a moderate and just policy to emerge. The Bikkus and Mr. Dahanayake will demand the head in a platter of any leader who wages a moderate policy. Already the situation has become tense enough and unless it is retrieved by timely action may end in open communal clash. Mr. Bandaranaike is already alive to the realities of the situation and left to himself may satisfactorily solve the problem. But he is prisoner in the hands of the Bikkus and the extremists in his camp. The Minister of Justice himself seems to be aware of the seriousness of the situation, but he too is helpless to do anything effective. The main problem for the Tamils is parity for their language. In spite of the studied discrimination in economic and administrative spheres they may co-operate with the Government if language parity is granted in time. The Prime Minister seems to have given up the idea of a Round Table Conference with Tamil leaders as neither side is prepared to make a real compromise. In the absence of a real change of heart on the part of the M. E. P., a conference will only accentuate disagreement rather than lead to any solution acceptable to both sides. Nothing short of political parity of status for Tamil will be acceptable, for parity in the educational sphere is meaningless without parity in administration.

### SWABASHA IN COURTS

## 50 Years Hence—Says Lawyers Assn, Jaffna

The following resolutions were passed unanimously by the Jaffna Lawyers Association. Mr. C. Ponnambalam who presided moved the first resolution.

Mr. C. Arulambalam moved the 2nd resolution.

The Lawyers' Association of Jaffna resolves to record its strong disapproval of undemocratic discriminatory and unlawful attempts by the Government to thrust Sinhalese alone as the official language on the Tamil-speaking people of Ceylon and refuses to co-operate not only with the committee appointed by the Minister of Justice but also with any person

or body of persons who are attempting to make Sinhalese alone the language of the courts.

The Lawyers' Association resolves that the English language should remain the language of the courts for 50 years from now and Sinhalese and Tamil should be made compulsory in schools throughout the Island from 1958, and after 10 years from then those two languages should be introduced in gradual stages in the courts. After a period of 50 years from now, the two national languages should be introduced as the languages of the courts.

# ISLAND'S INDUSTRIAL DEVELOPMENT

## WAYS AND MEANS EXAMINED

The prosperity and economic uplift of a country mainly depend upon the industrial development, self sufficiency and on the living standard of the people. The people require first the bare necessities of life, like food, clothing and shelter and afterwards the modern and social amenities. Those who have had the occasion to go out of the country during war and others by hearing and seeing the developments in other places are either accustomed to enjoy or are anxious to have all the modern facilities, amenities if not luxuries of life, and they can ill-afford to lose them because they are in villages where there are no proper avocations in life. This has led to an influx of rural population to towns and cities to the detriment of agriculture.

Ceylon is mainly an agricultural country; but agriculture alone cannot give full time occupation to the agriculturists and farmers. Unemployment both to the educated and uneducated is a sore eye to the country. For want of proper work and, unable to make both ends meet the common individual, out of disappointment and disgust becomes perverted and tries to adopt an easy course of least resistance. Crimes such as, looting, theft, robbery, house breaking, homicide and suicide which are now a days on the increasing order are the social evils of unemployment and these can be eradicated only by such industrial development, starting of more factories, mills, workshops, etc., and affording more openings and avocations to the people. Electricity plays an important role in the growth of industry and the per capita consumption is considered as the yard stick to measure the industrial advancement and prosperity of a country.

The Six year plan is to solve most of these problems. It envisages multi-purpose projects as irrigation, power generation & soil erosion; industrial developments as starting of medium industries, cottage industries, rural electrification community

projects or National extension service (comprising Communication, Health, Sanitation, Water Supply and Sewerage, Education Social uplift, Adult Illiteracy, Basic and Vocational Training, Maternity and child Welfare etc.) and such other development Schemes. Since foreign nations are now offering financial

By  
E. N. NAIR

and technical assistance under the Colombo Plan and U. N. O every effort should be taken to see that such assistances are utilised to the best advantage in the improvement and uplift of the country-

The industrial development depends upon the availability of raw materials, technical skill or personnel, plant, machinery and equipment and on finance. It is not possible to start any heavy industries such as Machine tools, Heavy plants and Machinery, Locomotives or Diesel engines because the important raw materials-iron and coal are not available in this country. It is therefore feasible to have only medium and small scale industries utilising and processing the raw materials available, grown or produced in this country.

The chain of operation is to start with surveying and planning. Then comes irrigation. This is to go hand in hand with agriculture. Industry which comes next looks for the agricultural produce and seeks the assistance of Electricity. The chain is linked up with finance.

**Surveying & Planning:** Topographical, Geographical, Geological, Geophysical, Sismological, Meteorological and Hydrological surveys are conducted to ascertain and study the following:-

(a) The irrigation facilities, rainfall, availability of under water and surface water.

(b) Nature of soil-clay, sand, rock, gravel, sand-

stone, lime-stone etc,

(c) Climatic conditions, temperature, elevation.

(d) Condition of earth at certain depths and different strata. Availability of mines, minerals, fuels.

(e) What is grown and what can be grown at different places

(f) Possibility of harnessing water for multi-purposes projects, soil erosion, Thermal stations, harnessing solar energy, wind mills, reactor power stations,

(g) Existing natural materials, in coastal belts, in the sea, in up countries, forests and undeveloped areas.

and thus to take stock of all natural raw materials, food crops and commercial crops, which are grown and which can be grown, for possessing them by starting suitable industries on situ Reports made on such studies and investigations are scrutinised by a team of experts and the Government on the recommendations of the Planning Commission, in consultation with the Finance, formulate and finalise the proposal, and chalk out a programme of work connected with the starting of industries

**Irrigation:** Agriculture and availability of raw material depend upon irrigation. The various sources and supply of water has to be examined with reference to rainfall, harnessing of rivers, drains in a catchment area, by constructing dams, constructing canals for distribution, irrigation tanks, under water and surface water conditions, sinking surface wells, tube or bore wells; examining the possibility of lift irrigation in dry zones (Northern districts). by bullocks, by Electricity, or by Oil Power, examine and study the soil erosion problem; in other words all resources as to made available to the cultivator, water required for irrigating the land Water supply in general-for

drinking and other purposes can be included in this programme.

**Agriculture:** Availability of technics and expert advice regarding improved and advanced methods of cultivation as well as the availability of seeds, seedlings, grafts, cutting etc., agricultural implements, tools, plants machinery and equipment and finally the manure will help the agriculturists a long way in raising variety of crops, good crops and more crops in a short time. Thus, maximum benefit can be derived from the land.

**Manure.** The wealth of a farmer is his cattle. Milking and utilisation of animal power for ploughing and lift irrigation may be advantages but the primary consideration in rearing cattle is the availability of natural manure, at all times.

• Compost manure which is equally effective is used in wet cultivation. This is made out of all greens, rubbish, waste etc in a pit composed for a period of three to four months.

The rapid expansion in the field of agriculture, putting up of more land under cultivation, under various development schemes, "Intensive cultivation", "Grow more food", "Raise more crops" programmes and policies of the Government have necessitated the production and supply of more manure than the natural and compost types Fertilisers and Bone meal factories have now started to augment existing supply by artificial manure. The local fertiliser products are however not in a position to meet the growing demand.

The raw materials required for industries can be put into two categories—Naturally available and Raised by human effort

1. **Naturally available:**  
(a) Available from sea such as fish, coral, pearl conches shanks Shell etc.  
(b) Available from land such as sand (ilmenite) clay, rock; forest and jungle produces as timber, herbs, rattan (cane) bamboo etc.

(c) Available from below the earth as mines, minerals, fuels etc

2 **Raised by human effort or skill:** (a) Various

(Continued on page 5)

Letter to the Editor

### Nepal's King and Ceylon Hindus

Sir,  
His Majesty the King of Nepal is expected in Ceylon about the early part of March in confection with the Buddha Jayanthi celebrations. As is well known, Nepal is the only Hindu independent State in the world today.

The king of Nepal is the only surviving Hindu King in this modern age. From ancient days through all the vicissitudes of time, Nepal has been a very strong centre of Hindu religion and culture. It is in the fitness of things for the Hindus of Ceylon to organise receptions at their institutions and temples to welcome this Hindu Head of a Hindu State and serve the cause of Hindu religion and culture.

Arrangements should be made immediately without waiting till the King comes to Ceylon. There is no time to be lost. To think of making arrangements after the arrival of the King would be too late. Immediate action is necessary. It is a duty of first rate importance.

Yours etc.,  
S. Sivasubramaniam.  
156, Hultsdorf Street  
Colombo

#### ORDER N. 51

IN THE DISTRICT COURT OF JAFFNA

Testamentary Jurisdiction No. 278

In the matter of the intestate estate of the late Marimuthu wife of Kanagasabai Arumugam of Karainagar North.

Deceased.  
Visuvalingam Arulanandam of Karainagar North

Petitioner  
Vs.  
Thilakavathy wife of Visuvalingam Arulanandam of Karainagar North

Respondent.  
This matter coming on for disposal before N. Sivagnanasantharam Esq., Addl. District Judge, Jaffna, on the 30th day of January 1957 in the presence of Mr. A. Kanagasabai Proctor on the part of the Petitioner and the affidavit of the abovementioned petitioner dated 18th January 1957 having been read:

It is ordered that the abovenamed petitioner be declared entitled to have Letters of Administration to the Estate of the deceased abovenamed and the same issued to him accordingly unless appear before this Court on or before the 4th day of March 1957 and show sufficient cause to the satisfaction of this court to the contrary.

This 30th day of January 1957  
Sgd. P. Sri SkandaRajah

District Judge, Jaffna

Drawn by  
Sgd. A. Kanagasabai  
Proctor for Petitioner.  
(O. 332, 22 & 1)

## Learning Necessary For Leadership

(Continued from last Issue)

The name of Darwin is well known. He was a saint among scientists. He was not only a great and industrious man of science, but a very good man, one who was respected for his integrity and saint-like character as much as for his genius and industry. He and some others of his time worked out a theory of evolution to explain how the numerous forms of life that can be observed in the world came to exist, that is to say, how the various species of life among plants, insects, birds, fish and other animals came to be. The theory is that one variety grows out of another variety and thus the innumerable species of life came to exist. This theory eliminated the belief that God created man and all other varieties of life together, as set out in the first chapter of the Old Testament of the Bible. Naturally, all the orthodox Christians in the Western World condemned these speculations as irreligious. In India, however, the teachers of religion and philosophy from time immemorial assumed that God worked through evolution. In India, the theory of evolution: as the Indian philosophers conceived it, did not dispute God.

While I do not say that the theory of evolution is wrong. I want to point out the theory of evolution does not solve the mystery of the Universe, but only by-passes it. How did life start out of dead matter? Lifeless inorganic matter is something different from a living cell that grows and builds itself from its surroundings, multiplies and lives, so to say, immediately. But the origin of the living cell somehow is assumed. Again, although the main plank of the theory of evolution is the principle of heredity, of the transfer of characteristics from parent to offspring, both in plants and animals the other equally essential basis in the Darwinian theory is the inexplicable occurrence of variations contrary to the hereditary principle. On this occurrence of variations and their fitness for survival rests the origin of species as expounded by Darwin. The occurrence of a variation almost as if nature desired to produce a new species is a mystery unexplained by that theory. The Biological theory of evolution thus pushes the

unknown into two corners, (1) the occurrence of life out of non-life, (2) the occurrence of variations to give the start to a favourable condition for the evolution of a new species. I have said all this to show that, despite the most fascinating advance made by science, the mystery of life still remains.

As they have spilt the atom and almost demonstrated that it consists only of energy and nothing else, so they may one day succeed in splitting the living cell and discover what goes to make life. Science may then claim that the secret of the evolution of life out of dead matter has been unveiled. But even then the unknown Power behind what is seen must remain unknown as ever before.

We should not be confused by the brilliance of scientific discoveries into thinking that God is negated thereby. All these great wonders must come out of something more wonderful. And that is God. This simple process of reasoning, as old as man himself and on which is founded all religion, is still valid. Man's attitude towards this mystery that hides behind the phenomenal world is what is called religion. As a corollary to that attitude, all religions lay down the way of life for their respective followers and human society has held together as a result of the loyalty of men to the ways of life dictated by various religions.

The Upanishads and the Gita contain the way of life which by tradition has been accepted by the people of India. The Gita gives it to us in clear terms.

What does the Gita teach us? Every moment, our thoughts and our activities shape our future. As a result of each thought we entertain and dwell on as a result of each act we commit, we become pure or impure, good or bad, more and more restrained and capable of self-control, or less and less so and slaves of evil urges. Every moment we shape our character as a goldsmith shapes his jewel on his anvil, each stroke of his hammer corresponding to each thought, word and act of ours. Therefore, it follows that by self-control and enlightened thought and action we can free our

Astrological

## WEEKLY FORECASTS

'SRI PATHY'

FROM 3-3-57 TO 9-3-57

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

An unsettled week. Your mind will not be at rest. Health upsets too likely. New ventures will not bring in the desired results. Avoid clashes with superiors.

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

Some improvements in the domestic field shown. Misunderstandings with friends and relatives will be cleared. Financial difficulties also will diminish. Friends of the opposite sex will prove very helpful.

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

You will find opposition melting away. Financial tension also will ease. Fame and social success also promised. But there will be no mental peace and you will be overworked.

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

You will be confronted with a lot of problems this week. Expenditure will be on the rise. Domestic affairs will be in chaos. You can rely on your friends to help you out of difficulties.

souls from evil and improve ourselves.

The Gita tells us how to do it. Yoga is the name given in the Gita to efforts at self-improvement. Yoga is not tricks done with our muscles or our breath or exhibitions of physical skill and practice. Yoga is the effort to purify our character. Yoga is the general name given to those mental operations which we should practise in order to make the mind clean and remain pure without difficulty.

What are these efforts? (1) Do your allotted duties properly and unselfishly. Duties come to you by reason of your fitness, by your place in society or by accident. Do always what is good for others. Hesitate when what you do is for your own good, and consider whether it is good for others around you.

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

Financial gains promised. You will make new friends. But some misunderstandings in the family circle likely. Don't give room for scandal mongers. Sunday, Monday and Tuesday morning must be spent with care.

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

Ruins to enemies shown. But health will not be very satisfactory. Professionally a good week. Work will be unusually heavier. Fame and social success promised week end. Tuesday, Wednesday and Thursday morning must be spent with care.

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

You will be quick to pick up quarrels this week. It will not be so easy for you to steer clear of obstacles. Beware of secret enemies. Troubles in office also shown. Thursday afternoon Friday and Saturday are the worst days.

**SCORPION** *Visaka 4, Anusha, Kettai [Vrischika Rasi]*

A successful week. Professional improvements and fame promised. But you will have to face some criticisms and scandals in your private life. Week end will bring in some good news.

(2) Do not be disturbed by success or defeat. Think of God Who guides and orders everything and Who alone knows what is ultimately good. Remember that others are as much children of the Universal Mother as you are. (3) Keep your senses of pleasure under control. Regulate your daily routine so that the purity of your mind is not disturbed. (4) Practise compassion. Feel for others as you feel for yourself. (5) Always remember that the mind is the chief fortress. If you let it go, you, lose the battle. Impure or selfish thoughts hand over the mind-fort to the enemy. (6) Periodically, meditate on God and surrender yourself to the Great Mother.

You may often fail in these efforts. But every

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

A very favourable week for finances. Brothers and sisters will be very helpful; some changes in routine likely again. Health will continue to be unsatisfactory for some time.

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

Financial gains promised. Your professional life will continue to be prosperous. Some domestic upsets likely. But you will be able to clear any misunderstanding before week end.

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

This week will continue to be unsettled. You must be very careful about mischief makers. People who pretend to be your friends and admirers may turn out to be your enemies. Week end will be trouble free. Financial gains also promised.

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

A good week. You will be able to steer clear of obstacles. Mental harmony and professional success also promised. Go ahead with your ventures.

effort adds strength to your soul. These efforts are to the soul what physical exercise is to the body. You may not see immediate result, but they strengthen the soul, as exercise strengthens the limbs.

This is the teaching of the Gita. It is not a book for study and for scoring marks in the examination. It is a book that tells men how to regulate their activities and their minds. So then if any one asks you 'what are you doing, don't say 'I am studying for B. A or B. Sc. but say, 'I am preparing for leadership'. And saying that, prepare your body, mind and soul for the leadership. May His Grace be upon you all and protect you against all temptation and dejection.

**Our Present.....**

(Continued from page 1)

Province—men who are prepared to be beaten, to be mauled to the earth, undergo indignities and suffer for the sake of amity, peace and progress—we shall not get nearer the goal. It is the duty of dependable Intellectuals to interpret the current events and direct the future course and contribute towards the sensible, sane march of events at this juncture.

Let those who are charged with the drafting of the amendments to the Constitution keep in mind the words of Lincoln the Prophet of Freedom and Democracy:-

"No man is good enough to rule another man and no nation is good enough to rule another nation. For a man to rule himself is liberty; for a nation to rule itself is liberty. But either to rule another is tyranny. If any nation robs another nation of its freedom, it does not deserve freedom for itself and under a just God it will not long retain it."

Liberty in this sense is like oxygen in the air. It is exhilarating to all those who breathe it. But, if it is confined within a limited space and used up for long, it loses its purity and it will asphyxiate the users. A nation which seeks to keep liberty to itself and enjoy the benefits of Independence, while refusing it to others, will pervert its own ideals and will eventually get acclimatised to tyranny and find an untimely end.

It must be remembered that any stable Government—whether Govt. by Parliament which is the prevailing type or Presidential Government which is an agreeable alternative—derives its just powers from the consent of the governed.

Let it not be forgotten that Democracy is:-

"Government by the consent of the governed, Government by discussion, Counting Heads instead of breaking them Cutting power into little bits Everyone a Sovereign."

**Island's Industrial Development**

(Continued from page 3)

food crops. (b) Various commercial crops.

The raw materials can again be classified Zone Way.

1. Coastal belt: Materials are— Fish, pearls, coral, chanks, shell, ilmenite sand, brine water for salt pans.

Possible industries: Deep sea fishing, Sea diving, salting, curing and preservation of fish, Canning, Manufacture of Shark Liver Oil, Extraction of Uranium and Thorium (important materials for Atomic energy); Salt industry, Making Toys and Fancy Articles etc with Shells.

2. Up country or elevated area: The raw materials are Tea, Coffee, Cocoa, Chinchona, Pyrothrum, Wattle, Rubber, Spices, Pepper and Timber.

Industries: Tea factory, Rubber factory, Coffee, Curing, Quinine, Eucalyptus, etc.

3. Forest, Jungle & Underdeveloped Areas: The raw materials are. Timber, Bamboo, Cane, Herbs, Shellac.

Industries: Plywood Industry, Match Factory, Saw Mills, Furniture Manufacture, Firewood Supply, Rattan Works, Timber for construction works, Railway Sleepers, Wood poles for Electricity Distribution, Bamboo Pulp for Paper Mills, Grass or Leaves for Mat making, Basket making etc.

4. Suburbs and Villages: Materials available are food crops, commercial crops, fruits, vegetables, flowers, grains, Nuts, Seeds etc.

Industries possible are those cottage industries suitable for processing the produces at the centre itself.

(a) Farming, rearing cattle, dairying, Piggery, Poultry, bee hiving.

(b) Pisciculture inland fishing.

(c) Cottage Industries in Rural Areas.

Button bead and glass bangle manufacturing industry. Bricks, pottery and ceramics, wood cutting, wood carving wood polishing, pattern making light metal casting, furniture manufacturing, toy making, bone meal mills, ginning, spinning, hand-loom industry (Power looms if electricity is available). Electro plating, lace and hosiery making, rope and coir making mat and basket making, carpets, fancy articles with coconut husk, vegetable and fruit pre-

servation cordeals, canning, flour grinding, carpentry, smithy, tannery and leather works, dyeing and bleaching, bakery and confectionery works oil pressing, soap making sugar cane, crushing jaggery making etc.

(d) Medium Industries in other places: are Rice mills, oil mills, refinery and distillery works, sugar factory, skin and hide industry, tannery and leather goods manufacture, saw mills, paper mills, match factory, plywood industry, brick and tile factory, decorticating mills, grinning factory, spinning and weaving mills, cement factory, chemical industry, fertiliser factory, soap factory.

Now, the raw materials which are grown and which can be grown will be examined a little further. They can be classified as food crops and commercial crops.

(To be continued)

**ORDER NISI**

IN THE DISTRICT COURT OF JAFFNA

Testamentary Jurisdiction No. 281 T.

In the matter of the estate of the late Nagamuttu Iyer Kumarasamy Kurukkal of Kondavil.

- Deceased Ledehumy Ammah widow of Nagamuttu Iyer Kumarasamy Kurukkal of Kondavil
- Vs. Petitioner
1. Sabaratna Iyer Iswara Sarma and wife
  2. Lalithambal both of Nallur
  3. Sathasivakurukkal Subramania Iyer and wife
  4. Visaladchy Ammal both of Kondavil
  5. Sakunthala and
  6. Susila Devi daughter of Kumarasamy Kurukkal of do, minors appearing by their Guardian.ad.Litem the 1st Respondent
- Respondents

This matter coming on for disposal before P. Sri Skanda Rajah Esquire District Judge, Jaffna on the 8th February 1957 in the presence of Mr. M. Mathiaparanam Proctor on the part of the Petitioner and the affidavit and Petition of the Petitioner having been read:-

It is ordered that the 1st Respondent be appointed Guardian-ad-litem over the 5th to 6th Respondents and that Letters of Administration to the estate of the said deceased be issued to her as his widow unless the Respondents or any other persons interested shall appear before this Court on the 11th March 1957 and state objections to the satisfaction of this Court to the contrary.

It is further ordered that the said minors be produced in Court on that date.

The 8th February 1957  
Sgd. P. Sri Skanda Rajah  
District Judge.  
(O. 335 1 & 8)

**NOTICE**

IN THE DISTRICT COURT OF POINT PEDRO

No. 5489

Thambiah Ayadurai of Alvai South.

Plaintiff.

Vs.

1. Suppar Kaudiah of Alvai South, 2. Suppar Sinnadurai of do. 3. Sinniah Ponnudurai of Rapugastene Estate, Hatton, 4. Velupillai Kathiresu of Pulody South, 5. Velupillai Mailvaganam of do. 6. Suppar Thambiah of do. 7. Annaledchumy daughter of Sabaratnam of Division No. 9. Trincomalee, 8. Kanagarany daughter of Sabaratnam of do. The 7th and 8th Defendants are minors by their Guardian.ad.litem Kanagamany widow of Sabaratnam of Division No. 9, Trincomalee, 9. Karthigesu Ramanathan of Pulody South, 10. Thambiah Pararajasingham of Alvai South, 11. Velupillai Kandiah of do. 12. Sinnappu Thuraiappah and 13. wife Sinnappillai of do. 14. Thavamani wife of Thambiah Pararajasingham of do. 15. Ramasamy Sathanathan of Pulody South presently of Colombo. 16. and wife Annammah of Pulody South, 17. Velupillai Sidamparappillai of Pulody west, 18. Murugar Maniccam of Alvai South, 19. Kandiah Ponnudurai of do presently of Railway station, Puliakulam. 20. Velupillai Sivaguru and 21. wife Kanagammah of Alvai South, 22. Thambiah Sivagnanasundaram of Pulody South 23. Alvar Arumugam and 24. wife Manonmany both of Alvai South, 25. Pasupathy Balachandran of Marketing Department Colombo 1. 26. Sabapathippillai Kanagasabai of S. M. S. Office, Amparai, 27. Muttu Kankesu and 28. wife Rasammah both of Division No. 8. Trincomalee, 29. Pandaram Paramanathan and 30. wife Achchimuttu both of Alvai South, 31. Krishnapillai Sanmugarajah and 32. wife Maniccam both of Alvai South, 33. Marakatham daughter of Sabapathippillai of do. 34. Ratnam daughter of Sabapathippillai of do. 35. Sabanayagam daughter of Sabapathippillai of do. The 34th and 35th defendants are minors by their Guardian.ad.litem Theivanai widow of Sabapathippillai of Alvai South. 36. Suppar Rasiyah of Pulody South, Dead 37. Suppar Thuraiappah of Kumulamunai, Mullaitivu, 38. Velupillai Kaudiah and 39. wife Kanagammah both of Pulody South, 40. Sinnathamby Mutthiah and wife 41. Parameswary both of Alvai South. 42. Nagaratnam widow of Sivasampu of do. 43. Murugesu Nallathamby and 44. wife Thangammah both of do. 45. Sinniah Kanagasabai of Pulody West, as Administrator of the estate of the late Alvar Suppar Alvar in Testamentary Case No. 163/Pt. D C. Point Pedro. 46. Walliammai widow of Suppar Thuraiappah of Kumulamunai, Mullaitivu, as Legal Representative of the 37th Defendant dead.

Defendants.

It is hereby notified that action No. 5489 has been instituted in the District Court of Point Pedro under the Partition Act No. 16 of 1951 for the partition/sale of the land/lands called Puliaddikaladdi in extent 31,1/8 Lms V. C. but according to Survey and possession in extent 36

**ORDER NISI DECLARING WILL PROVED**

IN THE DISTRICT COURT OF JAFFNA

Testamentary Jurisdiction No. 272

Sinnathamby Subramaniam of Changanai east

Petitioner.

Vs.

1. Arumugam Sinnathurai of Vavuniya and.
2. Kathiresu Ariyam of Vavuniya Bazaar, Respondents.

In the matter of the last Will and Testament of the late Meenachy widow of Nagar Vettivelu deceased of Changanai west Jaffna.

This matter coming on for disposal before N. Sivagnanasundram Esquire District Judge Jaffna on the 16th day of January 1957 in the presence of Mr. S. Ilaiyatambi Proctor on the part of the petitioner and the affidavit of the abovementioned petitioner and of the Witnesses to the last will dated 24th September and 1st October 1956 respectively having been read;

It is ordered that the Will of the abovenamed deceased dated 23rd February 1956 and numbered 1900 and attested by S. Sivagnanam Notary public be and the same is hereby declared proved unless the Respondents or others interested shall on or before the 18th day of February 1957 show sufficient cause to the satisfaction of this court to the contrary.

It is further ordered that the petitioner is the Executor named in the said Will and that he is entitled to have probate of the same issued to him accordingly unless the Respondents or others interested shall on or before the 18th day of February 1957 show sufficient cause to the satisfaction of this court to the contrary.

This 16th day of January 1957.

Sgd. N. Sivagnanasundram  
District Judge Jaffna.

18-2 1957  
Order Nisi extended for 12th March. 1957

(Sgd) P. SriSkanda Rajah  
District Judge  
(O. 338, 1 & 8)

Lms V. C. and 2,19/32 kulies and situated at Thunanalai Veerasuntharamudalikirichy in Kaddaively Parish in Vadamadachy Division in Jaffna District, Northern Province.

The Defendants in the aforesaid action are summoned to appear in Court on the 23rd of January 1957 at 10.0' clock of the forenoon.

The 20th day of December 1956

By Order of Court,

Sgd. A. Sivasanmugam,  
Clerk of Court.

Extended to 6-3-57

By Order of Court,

Sgd. A. Sivasanmugam  
Clerk of Court.  
(O. 336, 1 & 8)

**JAFFNA MUNICIPAL COUNCIL**

**Tender Notice—  
Conservancy Buckets.**

Sealed tenders for the supply of 900 Stock Buckets with lids and handles and 250 Oval Latrine Buckets will be received by me up to 12 Noon on Saturday 16th March 1957. Specifications, conditions of tender and further particulars can be obtained from the undersigned.

A. V. CHINNAH  
Municipal Commissioner,  
Municipal Office, Jaffna  
20.2.57  
G. 75. 1.

**Order Nisi**

IN THE DISTRICT COURT OF  
JAFFNA

Testamentary Jurisdiction  
No. 280

In the matter of the intestate estate of the late Sinnammah wife of Ponnampalam Kanagasundaram of Kopay South.

Deceased.

Ponnampalam Kanagasundaram of Kopay South.

Petitioner

Vs,

Minors { 1. Pathmawathy daughter of Ponnampalam Kanagasundaram  
2. Thanabalasundaram son of Ponnampalam Kanagasundaram  
3. Thambiah Subramaniam, all of Kopay South.  
The 3rd respondent is the proposed guardian ad.litem over the 1st and 2nd minor respondents.

Respondents

This matter coming on for disposal before P. Sri Skanda Rajah, Esquire, District Judge, Jaffna, on the 1st day of February 1957, in the presence of Mr. W. Muttukumaraswamy Proctor on the part of the petitioner and the Petitioner having been read and filed of record; from which it appears that the abovenamed 1st and 2nd Respondents are minors and that the deceased died intestate.

It is ordered that the 3rd Respondent abovenamed Thambiah Subramaniam be appointed guardian ad.litem over the 1st and 2nd minor Respondents to wit: Pathmawathy daughter of Ponnampalam Kanagasundaram and Thanabalasundaram son of Ponnampalam Kanagasundaram to represent the aforesaid minor Respondents in the proceedings of this case and that Letters of administration in respect of the estate of the deceased abovenamed be granted to the petitioner unless the Respondents abovenamed or any other person shall on or before the 4th day of March 1957 show sufficient cause to the satisfaction of this Court to the contrary.

The aforesaid 1st and 2nd minor respondents shall be produced before this Court on the aforesaid date.

This 1st day of February 1957.  
Sgd. P. SriSkandaRajah  
District Judge.

Drawn by  
Sgd. W. Muttukumaraswamy  
Proctor for deft.  
(O. 334. 1 & 8)

**Issue is Between Non-Violence  
And Coercion**

Dr. Arnold Toynbee, speaking at the Ramakrishna Mission in New Delhi, expressed the view that the answer to this problem must be provided by 'bringing religion back to its true and central place in human life'.

He said:

The world was today faced with the problem of regaining its religious foundations at a moment when the non-religious side of life had so much gained the upper hand.

Though the immediate task was the political task of keeping peace and 'saving ourselves from a third World War with atomic weapons which may well end the human race, the greater task was that of bringing religion back into its true and central place in human life.

From the earliest times these two were inextricably intertwined with each other. Religion was one of the spiritual necessities of human life, which mankind could never do without.

I do not believe that we would be able to recapture our relations with religion and reinstate religion in its true place unless we face the perilous undertaking of trying to extricate the essence of religion from the accidental non-religious additions to it which have gathered round each of the great historic religions.

In every one of the great living religions, there were many things, which were officially or by tradition important parts of the religion, but which were really no parts of its true essence but were stumbling blocks in the way of return to religion on the part of people whose lives were influenced by the progress of science and technology.

If religion became too much entangled in secular affairs or became a handmaid or instrument of secular life, then religion would go wrong.

There were two sides of religion which were equally essential, on one side was the social life necessary for secular life and on

the other the 'inner world, of the individual's life.

Both were essential if civilisation was to survive, and he imagined that both were deeply embedded in Hindu tradition.

In the world today, there were two opposing views as to the right way of helping mankind to advance. There was one school, which believed in doing it by persuasion or by the democratic method India had dedicated herself to this school. The other group—the Communist group—believed in the short-cut of pressure and coercion. This issue between non violence and coercion, which was so alive in the world to-day was one of the distinguishing marks of different types of religion.

**ORDER NISI**

IN THE DISTRICT COURT  
OF JAFFNA

Testamentary Jurisdiction  
No, 268

In the matter of the estate of the late Ampalavanar Thillaiampalam of Vaddukodai West Jaffna.

Deceased

Thangammah widow of Sinnathamby Ampalavanar of Vaddukodai West

Vs. Petitioner.

Nagaratnammah daughter of Sinnathamby Ampalavanar of do Respondent.

This matter of the petition of the abovenamed petitioner coming on for disposal before P. Sri Skanda Rajah, Esquire District Judge, Jaffna on the 7th day of January 1957 in the presence of Mr. V. Nagalingam, Proctor for Petitioner and the affidavit and petition of the petitioner having been read: it is ordered that the petitioner be declared entitled to have letters of administration of the estate of the said deceased issued to her unless the said respondent or anyone else shall appear before this court on the 15th day of February 1957 and show cause to the satisfaction of the court to the contrary.

This 7th day of January 1957

Sgd P. Sri Skanda Rajah  
District Judge.

Extended to 8 3-57  
Sgd. P. Sri Skanda Rajah  
District Judge.  
(O. 333. 22 & 1)

**S.S.C. Tamil Text Commentary**

BOON TO BOTH  
TEACHERS AND STUDENTS

Scholarly Commentary

ON

**KUMBKARNAN  
VATHAIPPADALAM**

V

BY

**Vidwan K. Vendanar**

★

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வான்முறையில் வழாது பெய்க மலிவளஞ் சரக்கமன்னை  
கோன்முறை யாக செய்க குறைவிலா துயர்கன் வாழ்க  
நான்மறை யறங்க னோங்க நற்றவம் வேன்வி மக்க  
மேன்மைகொன் சைவ நீதி விளங்குக வலக மெய்கலாம்

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