

SPIRITUAL DISCIPLINE

DISCIPLINE is necessary for keeping order and harmony in every walk of life. Discipline is Sadhana. Punctuality, restraint, cleanliness, obedience are some of the ingredients of discipline. Obedience is better than reverence. Obedience is better than sacrifice. In the spiritual path, rigid discipline is essential. Then alone the different senses, mind, intellect and the Prana will function in a regulated way. This will help in the attainment of God-realization.

Asanas.

The body must be rendered supple and should be brought under one's control by discipline. If it is filled with Tamas or inertia, it will become heavy, the aspirant will not be able to sit in one Asana (posture) for two or three hours, which is very necessary for the practice of meditation. Padmasana,

By

SWAMI SIVANANADA

or Sukhasana, or Siddhasana can be chosen for the practice of concentration and meditation. One should be able to sit on one Asana steadily for three hours. This will produce Asanajaya, mastery of Asana. When one is established in Asana, the Prana also will vibrate harmoniously, and the mind also will become steady. Padmasana induces poise of mind. So, every aspirant should practise Asana, first beginning with ten minutes and then extending to half an hour and more, keeping the head and trunk in one straight line, steady like a statue. It is of great help in controlling the senses.

You should practise other Asanas also. Practice of Bhujangasan, Halasan, and Ardha-Matsyendrasan will keep the spine elastic. The bones will not ossify quickly. Sirshasan is good for digestion and for the

practice of celibacy or Brahmacharya. It supplies sufficient quantity of blood to the brains, bestows good concentration and develops the intellect.

Ethical Discipline

Then there is the ethical discipline—practice of Ahimsa, Satya, Brahmacharya (cosmic love or non-injury, truthfulness, and purity or celibacy, Asteya (non-stealing or honesty in dealings with others) and Aparigraha (non-covetousness). You should lead a simple life. When there is ethical purity, then only will one be established in Nirvikalpa Samadhi. Ethical discipline is of paramount importance. It is the *be all*. He who is established in ethical perfection will attain God-realization easily and quickly. The heart must be purified. In a pure heart, serenity, tranquillity, tolerance, humility and divine light will have their abode. Ethical discipline, physical discipline, discipline of the senses, dietetic discipline,—all these should be practised.

Dietetic Discipline

You should take Sattwic food. In Gita (17th Chapter) Sri Krishna says "*Ayuh sattwabalarogyasukhaprithivivardhanah, Rasyah smigdha S'hira hridaya Aharah Sattwikapriyah.*" Food should be appetizing, non-irritating, delicious, nutritious, wholesome. It should be calculated to bestow good health, longevity, cheerfulness and strength. Wholesome food is suitable for Sattwic people. Too much of chillies, spices, pungent articles, too much of salt, excessively sour and over-fried food should be avoided. You should take light food, not heavy food, and it should be always fresh. Generally people fill up their stomach at night. If you do so, you will not be able to get up in the early morning; you may not get rest-giving sleep. So, heavy and late dinners should be avoided.

Morning Devotions

Spiritual aspirants should go to bed early, by nine or ten p. m., and get up at 4 a. m., Brahmamuhurta. The atmosphere is Sattwic at this time; the mind is refreshed after sleep and is free from disturbances. You should fill the mind with sublime, divine thoughts,—by contemplation, recitation of Stotras, Mantras, meditation on OM, Pranayama. Getting up early in the morning and spending one or two hours in spiritual contemplation is a kind of discipline. Generally people do not do that. They are in the club till midnight and then sleep till late in the morning. This is unfavourable for inner progress, self-culture. The aspirant who wishes to meditate should get up early in Brahmamuhurta.

Self-control

Control of emotions or self-restraint is very important. Speak sweetly. Speak softly. Speak gently. Speak lovingly. Speak truthfully. Speak measuredly. Speak decisively. You must practise Pranayama and Mowna. Then only will you be able to control the impulse of speech and emotions. Then only will you have a calm mind.

In Gita you will find there are three main disciplines—discipline of the body, discipline of speech, and discipline of the mind.

*Devadwi jaguru pra jna-
pujanam sowcha-
mar javam*

*Brahmacharyamahimsa
cha sareeram tape
uchyate.*

Sowcham (cleanliness, internal and external), Arjavam (straightforwardness), practice of Ahimsa (non-injury and cosmic love), worship of the Divine and practice of Brahmacharya (purity), are the discipline of the body. No half measure is allowed in the spiritual path. Perfect Brahmacharya, physical and mental should be practised. Ahimsa is not only non-injury and non-killing,

Letters to the Editor

The Ministry of Cultural Affairs and Promotion of Hindu Culture

Sir,

The preliminary step taken by the Ministry of Cultural Affairs with a view to promoting Hindu culture is, if I might be permitted to say so, commendable and merits support from the public. The Conference which is held today under the Chairmanship of the Minister of Cultural Affairs is an inaugural meeting wherein, it is trusted, the foundation for further action would be laid and an attempt made to work out details. It would be desirable, as envisaged by the Ministry, to have Committees set up to collaborate with the Government for promotion of Hindu Culture.

These Committees might be so constituted as to be representative of the various schools of Hinduism and of the different regions of the country and also to include both sexes. It is also important that representatives of the Hindu Priesthood be given due place in the Commit-

tee. Others who could usefully function in the Committees are: (1) representatives of Hindu Institutes, (2) representatives of Hindu Organisations and Associations (3) eminent Hindus who in their own right by virtue of their capacity for service and status in Hindu society in particular and in the public life of Ceylon generally, would be valuable members.

Discipline of Speech

*Anudwegakaram vakyam
satyam priyahitam
cha yat,*

*Swaddhyayabhyasanam
chaiva vangmayam
tapa uchyate*

Anudwegakaram — not harsh, not giving pain to others, truthful, pleasant, sweet, beneficial: this is the discipline of speech. Discipline of speech is very necessary. Much energy is wasted in vain debate, idle talk. This energy should be transmuted into Ojas Sakti. It is a great help to meditation. Anger when controlled becomes Ojas Sakti. Energy is wasted in anxiety, apprehension, fear. So an aspirant

It is trusted that the suggestions given above be considered along with other proposals if satisfactory Committees are to be formed and real service is to be rendered to the cause of Hindu Culture and to the cultural advancement of the country as a whole.

The installation of the Ministry of Cultural Affairs is a valuable contribution to public welfare to the credit of the present Government. While Tamils have their own grave differences with the present Government, even as they had with the earlier Governments from the time of the Donoughmore Constitution and still earlier with the British Colonial Government, the action sought to be taken by the Government for the promotion of Cultural Affairs is in principle a matter of first rate national importance which if properly pursued merits the support of the Hindu public. The procedure of responsive co-operation laid down by an eminent and revered Hindu scholar and man of action, Lokamanya Tilak, the great India patriot and leader, is a sound, practical and just ideal and it would be the part of Hindu culture to put into practice this ideal, in this connection, for the good of the community, religion and country.

S. Sivasubramaniam

March 6, 1957
Colombo.

(Continued on page 4).



தருக்கி நம்பலம்.
 நமச்சிவாயவே ஜானமும் கல்வியும்
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 தருக்கி நம்பலம்.

Hindu Organ

FRIDAY, MARCH 15, 1957

Treasure These Thoughts

The secret of harmonious living is the development of the spiritual consciousness. In that consciousness, fear and anxiety disappear. Life becomes meaningful with fulfilment its keynote

A GREAT OCCASION

LANKA feels honoured by the historic visit of the Hindu King and Queen of the Himalayan Kingdom of Nepal. The people of this Island are welcoming a ruler who has made the whole world know the fact that monarchical rule which becomes acceptable to the people is certainly preferable to a democratic Government that creates misgivings in the minds of the ruled about a lurking dictatorship. A country that had earned a reputation for the chivalrous bravery of its valiant soldiers in significant contrast with the notoriety of the mechanical might of the masters of nuclear weapons of the present age, can but have a ruler who in the best spirit of traditional Hindu culture rules his people as the zealous guardian of human values. Hence the occasion of this Royal visit must be of an educative value to the political leaders of this country. The test of a good government is not whether a hereditary monarch or a people's nominee rules the country but whether the ruled are happy and contented.

The distinguished visitors, we are confident, will be afforded the opportunity of seeing Lanka in its actual significance from the aspect of Hindu culture also. The occasion of this visit being a religious event, the cultural contact can be made more fruitful if leaders sincerely strive to understand the significance of spiritual values in the context of political affairs.

We heartily welcome Their Majesties to this Island that has a great and ancient Hindu tradition.

OUR AUGUST VISITORS

By S. Sivasubramaniam

The visit to Ceylon of Their Majesties King Mahendra and Queen Lakshmi Devi of Nepal on the occasion of the Buddha Jayanti is a historic event in the annals of our country. It is an event which will give satisfaction and pleasure to the people of Ceylon and specially to the Buddhists and Hindus.

Though Nepal and Ceylon have many religious and cultural ties of an intimate character, the people of Ceylon did not have the privilege so far of having in their midst the Monarch of this ancient Kingdom which through the vicissitudes of time has preserved its national independence.

The survival of Nepal as an independent Kingdom, when a great portion of Asia underwent conquest by Western Powers has been one of the greatest sources of inspiration to the people of Asia.

Time was when the people of Ceylon and India were "under the intolerable degradation of foreign yoke" to use an expression of Rt. Honourable Asquith, one of the British Prime Ministers, in another context. We then looked upon Nepal in our days of travail as a beacon light and as an example of the invincible greatness of Asia and of things Asiatic.

Therefore in welcoming Their Majesties the King and Queen of Nepal to our country we are doing honour to a great country which has cherished and successfully upheld the ideals of human freedom for an uninterrupted period of several hundreds of years in the history of mankind. The military prowess of the Gurkha has been a very striking manifestation of Asiatic manhood and courage, and a source of inspiration to all Orientals when our national affairs were at their nadir.

From the religious and cultural angle which have been the immediate reasons for the present visit of Their Majesties to Ceylon, we welcome them as the representatives of the only independent Hindu Kingdom in the world today, of the country which contains within its boundaries the birth place of the Lord Buddha of the country which is one

of the greatest repositories of Hindu and Buddhist religions and of the embodiment of a noble synthesis between these two religions, a synthesis which has been a source of incalculable good and which yet promises to continue to be one of the noblest instruments for the uplift of mankind.

In Nepal is situated Lumbini the birth place of Lord Buddha, one of the four principal sacred shrines which are held in the highest veneration by Buddhists of all countries. It would appear that Lord Buddha himself told his constant companion the great Ananda that devout followers should not fail to visit it at least once in their life time.

Nepal's temples, lakes, rivers and mountains are held in the highest veneration by Hindus. Important pieces of Hindu religious literature not elsewhere found are said to be extant at Nepal. One of the most venerated Hindu shrines is located in Nepal. It is at Pasupathinath, to which pilgrims from all parts of the Hindu world flock and which is considered to bestow special grace on worshippers on Maha Sivarathri. The age-long observance of our sacred Hindu ceremonies and rituals was followed at the recent coronation of Their Majesties and this incident has been a potent reminder to Hindus of today of their ancient and hoary religion which goes on unchanging for ever.

Ceylon and Nepal have several things in common; their religions—Hinduism and Buddhism, the synthesis between the two religions, belief in the religious principles of Panchasila in older days and now used as an expression to connote a code of conduct in international matters and friendship with India under the noble guidance of the Prime Minister Sri Jawaharlal Nehru.

The people of this country would always think of Nepal with feelings of affection and regard and wish her prosperity and at the same time wish for the continuance of the Monarchy of which our distinguished visitors are representatives.

The efforts made by the King for the democratization of the Government of

Nepal and for the devolution of responsibility into the hands of the people, for the advancement of education, social services and other spheres and for an independent and enlightened foreign policy directed towards the promotion of International Peace would always command the respect of the people of Ceylon. The invaluable support given by His Majesty to the recent Conferences held at Nepal's capital at which delegates from Ceylon participated is fresh in our mind.

Nepal and Ceylon like India wish to observe the spirit enjoined in the following stanza which is in consonance with the spirit of the event for which Their Majesties have come to Ceylon.

"Let our ears hear nothing but good words;

Let our eyes see nothing but what is beautiful;

Let our strong limbs make our lives dedicated only to the service of God;

Let there be peace, let there be Peace,
 Let there be Peace"

Fifteen Points Of Guidance

Premier Nehru's Advice To People

1. In spite of political differences everyone should unite for the defence and well-being of the country and co-operate with others to implement programmes for the common good.

2. The unity and good of the nation should be given first importance and people should, therefore, rise above differences of caste, creed, languages and province and think more of the country as a whole.

3. Violence of any kind must be shunned and avoided. Violence creates hatred and is disruptive.

4. Religion is meant to raise an individual and to make him tolerant to others. Narrow prejudices and intolerance do not create respect for one's own religion in the eyes of others. We should honour not only our own religion but the religion of others.

5. We should aim at equality of treatment and avoid feelings of high and

low, and touchable and untouchable.

6. We should aim at becoming good citizens, subordinating self-interest and aiming at the common good.

7. Women should be treated with respect and as comrades. They should not be kept in purdah or seclusion but given opportunities to participate in national activities.

8. Children should be treated with affection and gentleness and not beaten or scolded.

9. Liquor and all other intoxicants should be avoided.

10. Cottage industries should be encouraged and as far as possible khadi should be worn.

11. Adulteration of food stuffs and other articles must be prevented.

12. The giving or accepting of bribes is bad both for the giver and the taker, and must be rigorously dealt with.

13. The house, street and village or town should be kept neat and clean.

14. We should try to undertake the great development work that is going on in the country, such as the Five Year Plan, the community development schemes, etc., and co-operate in furthering and implementing it.

15. Manual labour should be respected and everyone should endeavour to engage himself in some form of manual labour for constructive work.

Nutshell News

The Senate: The Motor Traffic (Amendment) Bill was passed.

* * *

Strike: The General Strike launched by the Mercantile Union was called off as both parties have agreed to refer the dispute to an Industrial Court.

* * *

Commission: The Jaffna Municipal Council unanimously passed a motion proposed by Mr. M. Karthigesan that a Commission should be appointed to enquire into the allegations of bribery against the members and Mayor of the Council.

ISLAND'S INDUSTRIAL DEVELOPMENT

(Continued from last Issue)

If however, individual crushing is not possible a village co-operative or marketing society can purchase the cane (or also the jaggery produced) and sell them on to a nearby sugar factory for further distillation and refinement. Recent trial in the manufacture of brown sugar out of the cane grown in the Gal Oya development area has come out very successful, and this has given incentive for starting a full scale Sugar factory. Similar Sugar factories can be established elsewhere depending upon the acreage of land put under sugar cane cultivation and the yield (in tons) of cane available per annum. The establishment of confectionary works preparing sweets, toffee chocolates etc., utilising the products from farms should be the ultimate aim, if not immediate one, when the quantity manufactured is more than that of local requirements.

To partially make good the loss of revenue due to the enforcement of prohibition in Madras State, and to provide the displaced the toddy tappers with employment, one of the steps taken by the Government was to switch on to the extraction of sweet toddy from Coconut Palms and Palmyra trees and to the preparation of country jaggery out of it. It has to be decided soon whether, with or without prohibition the manufacture of country jaggery can be started in this country.

Salt— Manufacturing Industry has already been taken up by the Government. It would appear that facilities for pumping brine water and for storing and dyeing in salt pans etc., are available only in the Northern province.

Cement— The capital expenditure which is prohibitive and the existing demand for cement may not at present warrant the establishment of cement factory besides the one at Kankasanturai. Cement plays an important part in building construction, R. C. C. Works, and other nation building programmes.

Within the proximity of Cement Factory a subsidiary industry can be started for making Sand Cretes and Land Crete

blocks and other materials required for building construction. With local timber available, iron will be the only main item which may have to be imported for the house construction programme.

In rural electrification and other electricity distribution works, the main factor affecting the economy is the support or poles. Wooden poles are cheap and are generally used for this purpose in countries where they are available in abundance. In Ceylon the supply of wooden poles from forests has to be examined but in any case, it would better, if R. C. C. poles according to the demand and specification of the Department of Government Electrical Undertakings are manufactured here itself. About 500 R. C. C. Poles required for the town distribution in Inginiyagala, Galoya valley, were manufactured in local pilot plant. It is found that the production cost comes up to only Rs. 50/ per pole. This profitable industry can be started in other places also.

It is also possible to start other R. C. C. Works

(Continued on page 5)

ORDER NISI

IN THE DISTRICT COURT OF JAFFNA

Testamentary Jurisdiction No. 259

In the matter of the Intestate estate and Effects of the late Punithavathy wife of Sivaguru of Koddady Jaffna late of Seremban in Malaya

Deceased.

Amirthalingam Subramaniam of Malayan Trading Company K.K.S Road Jaffna, the Attorney, of Chellammah widow of Sinnathamby of No. 125, 4½ Mile, Klang Road, Kuala-Lumpur.

Petitioner.

This Matter coming on for disposal before P. Sri SkandaRajah Esquire District Judge Jaffna on the 31st day of January 1957 in the presence of Mr. A. Subramaniam, Proctor on the part of the petitioner and the petition and

Order Nisi

IN THE DISTRICT COURT OF POINT PEDRO

Testamentary Jurisdiction No. 578 T

In the matter of the Estate and effects of the late Mankayathkarasy wife of Mappanar Kanagasabapathy alias Sittampalam of Puloly South Deceased Mappanar Kanagasabapathy alias Sittampalam Thirugnanasambanthamoorthy of Puloly South Petitioner

Vs

1. Kanagasabapathy alias Sittampalam Sambasivam of Puloly South
2. Kanagasabapathy alias Sittampalam Aramasundaram
3. Valavanthayagy daughter of Kanagasabapathy alias Sittampalam
4. Mappanar Kanagasabapathy alias Sittampalam of do

Respondents

This matter coming on for disposal before V. M. Cumaraswamy, Esquire, Additional District Judge, Point Pedro on the 26th day of December 1956 in the presence of Mr. T. Ponnambalam Proctor on the part of the Petitioner and the Petition and affidavit of the Petitioner dated the 26th day of December 1956 respectively having been read:

It is ordered that the Petitioner be and he is hereby declared entitled to have Letters of Administration and that Letters of Administration be issued accordingly to the Petitioner as son of the deceased Mankayathkarasy, unless the Respondents shall appear before this Court on or before the 21st day of February 1957 and show sufficient cause to the satisfaction of this Court to the contrary.

This 26th day of December 1956

Sgd. V. M. Cumarasamy Addl. District Judge

Drawn by T. Pennambalam Proctor for Petitioner Time to shew cause extended to 21-3-57

Intd. M. E. A. D. J.

(O 330 15 & 22)

affidavit of the petitioner having been read:-

It is ordered that the petitioner as the attorney of the said Chellammah widow of Sinnathamby, Sole heir of the deceased, be declared entitled to take out Letters of Administration to the estate of the deceased and that Letters of Administration be issued to him accordingly unless any person shall on or before 1st day of March 1957 appear and show sufficient cause to the satisfaction of this court to the contrary.

Jaffna this 31st day of January 1957.

Sgd P. SriSkandaRajah District Judge.

1-3-57

Time to show cause extended to 29-3-57

Sgd P. Sri SkandaRajah District Judge

(O. 340. 3 & 15)

U. S. S. R & THE ANTARCTIC

“Earlier this month the Australian Department of External Affairs let it be known that the Australian Government had voiced its concern to the United States over the Soviet Union's intentions regarding the future of its bases in Australian Antarctic territory, after the close of the International Geophysical Year in December 1958.

“Although the U. S. S. R. has given no official hint of permanent occupation, the assembly of large quantities of equipment and the building of a township at Mikny, the main Soviet base, give at least the semblance of permanence. In addition the Soviet press emphasises that Russian scientific work in the area is likely to take ‘several years’ and Russian scientists and engineers talking of nuclear planes flying direct from Moscow to the Antarctic within the next ten years.

“The Russians are to concentrate on the study of oceanography as their contribution to the International Geophysical Year in the Antractic. This is in keeping with their previous activities in the area. Every year since 1946-47 the Slava whaling flotilla has spent five to six months off the shores of the Antractic Continent. The flotilla has always included one oceanographic research ship. In the course of these ten expeditions the Slava flotilla has visited all the southern Atlantic groups of islands. In 1955 a series of zig zag research sailings began. They covered the area between Cape town and the Antractic and also between Australia and the Antarctic. Last year only one ship was used for this purpose. Six ships are to be used this year, and eight next year.

As a result of this research, Soviet scientists will be able to produce a map of the ocean bed of the Southern Atlantic and of the Southern Indian Ocean. Such a map is invaluable for submarines because it enables them to navigate underwater, taking their bearings from the Ocean bed in the same way as an aircraft uses landmarks. This methodical mapping of a vital strategic area, together with the fact that the Slavaflotilla has explored uninhabited islands of the Southern Atlantic, some

The Jaffna Dt. Community Centres' Union

The 6th Annual General Meeting of the Jaffna Dt. Community Centres' Union was held at 10 a. m on 9th inst at the Paratha Pashiya Vidyasalai, Jaffna.

Over 200 delegates from various Centres attended the meeting which was presided over by Gate Mudaliar C. Thiyagarajah Mr. A. A. Joseph, the Assistant Commissioner of Local Govt and his two Investigating officers were also present.

After the preliminaries were over, the Secretary presented the Minutes of a Special General Meeting wherein the Constitution had been amended. After discussion the minutes were adopted by the House.

The election of the Office-Bearers and the Committee resulted as follows:—

President: Gate Mudaliar C. Thiyagarajah was re-elected.

Vice-Presidents: Mr. R. S. Kandiah (Vice-chairman of the T. C. Pt. Pedro)

Mr. A. A. Nallathamby (President V. C. Punguduttivu)

Treasurer: Mudaliar V. Mahesan, J. P. re-elected

Secretary: Mubandiram E. P. Rasiah re-elected

Asst. Secretary: Mr. W. N. Thevakadacham

Committee Members:— Messrs G. J. Sebastiampillai, J. P; P. Arumugam, J. P; V. Selvaratnam, B. Sc; S. Kachchumhamadu; Mrs. Pillayamma and 10 others.

Editor “Sammoga Thondan”: Mr. K. P. Mutthiah

Auditors: Mr. V. Chunterampillai and the two Investigating Officers.

of which have large underwater caves, might suggest that Russia's interest is not purely scientific. A submarine fleet and Air Force, operating from Antarctica, could effectively control all air and sea lanes South of the equator.”

—Time and Tide

SPIRITUAL DISCIPLINE

(Continued from page 1)

should be very careful in conserving his energy, and should transmute it into Ojas Sakti, which is of great help in the practice of concentration. Swadhyaya, study of scriptures, is also a discipline of speech.

Discipline of Mind

*Mana prasadah sowmya-
twam mounamat-
mavinigraha,
Bhavasamsudhirityetat-
tapo Manasamuch-
yate.*

Cheerfulness, equilibrium, silence, self control, purity of nature, these constitute mental discipline.

Vigil is another discipline. You have got Sivaratri and Vaikuntha Ekadasi. You try to keep awake at night on these occasions, and spend the time in spiritual devotions. Occasional fasting and vigil is a good discipline for body and mind. Moderation should, however, be the criterion. Extreme ends should be avoided. To practise balance of mind under adverse circumstances, to cultivate patience, tolerance, detachment, to practise self-denial, selflessness, to avoid self-pity, self-justification, vanity, conceit and egoism, are all different fundamental forms of mental discipline.

Need for Discipline

In Japan they have Nippon discipline, very rigid discipline. In the West also, in the monasteries of the Catholic orders, they observe very good discipline. They fast often, keep vigil, observe silence, and spend most of their time in prayer and service.

Discipline is very necessary for keeping the body, mind and the senses under control. Some people like moving about always, this is due to Rajas. If you sit in one Asana and meditate, this Rajas will be removed. Practice of Tratak, gazing on a spot or on the Lord's picture steadily, will make the mind still. When the eyes are steady and the mind is steady, you have good concentration. These are the aids for bringing body and the senses under control, for purifying the Nadis, for purifying the heart and mind. And when you are purified, you will have very good meditation, and you will be able to rest in your own Satchidananda Swaroopa. So let

us all practise spiritual discipline.

He who has conviction in the existence of God or Brahman, he who has the conviction that he can find eternal peace in Brahman alone, will try to have spiritual discipline and try to control the mind

Secret of Peace

*Vihaya kaman yah sar-
van puman charati
nisprihah,*

*Nirmamonirahankarah
as santim adhigach-
chati.*

Peace is not an external object. Peace is not in accumulation of wealth. Peace is not in erudition. Peace is in that man who has given up "mineness" and "I-ness", who has given up Trishnas (cravings), desires, longing for objects. That man alone will have peace. Peace is not even in solitude. Peace is not within the reach of all. He who has got Vairakya (dispassion), he who has understood the magnitude of human sufferings here in the world, he who knows the real nature of this phenomenal life, composed of the five elements, of colours and sounds, he who has analysed the mundane nature of human relationship, the worthlessness of material objects, in short, he who has Viveka (discriminative faculty) and Vairagya, can have peace.

Viveka and Vairagya

Only a person qualified thus would really aspire for spiritual discipline. That man only is the King of kings, Atmasamrat; not he who is simply carried away by a little colour, a little touch, a little nervous titillation. He who is not attempting to realise the Reality, not doing any virtuous deeds, not of charitable disposition, not generous, not practising enquiry into the nature of the Self, not doing Japa or recitation of the Lord's Name, simply lives in vain. He is steeped in profound ignorance. He is ever miserable because he lacks Viveka, discrimination between the Nitya and Anitya (permanent and ephemeral), Sat and Asat (real and unreal) and also because he lacks Vairagya. To a person of Viveka, these earthly pleasures are nothing more than a little bit of sensa-

BOOK REVIEW

Music As Yoga

By
Sri Swami Sivananda

Published by Sri Swami Chidananda for The Yoga-Vedanta Forest University Sivanandanagar Rishikesh (Himalayas)

Price per Copy Rs. 3/-

Herein the Swamiji explains how music serves as a path to God-realisation "That Music, Sankirtan is an integral part of Bhakti Yoga it is needless to mention. Sankirtan and Bhakti are inseparable. When thus the mind is steadied and purified and when the mind is merged in the NADA—all music is but the manifestation of the sacred Pranava or OM—the eye of the intuition is opened and the Music Yogi gets Yoga-Siddhi or Samadhi" says the book. Stories of such Music—Yogis are added at the end of the book.

tion and titillation of nerves.

So, let us have Vairagya or dispassion. It is a mental state. Without it we cannot have spiritual progress. This is mental discipline. That man who has Vairagya is the strongest man. He has inner spiritual strength born of dispassion. He is really a great man. So, let us all try to develop discrimination and dispassion along with spiritual discipline, discipline of the mind, body and senses, and let us march towards the goal of Perfection, of Kaivalya, of Independence. That is the goal of life, the *summum bonum* of life. Man forgets his true goal on account of the forces of Raga-Dwesha (attraction and repulsion), because he has not strengthened himself by discrimination. Vairagya is real spiritual wealth, because it opens the door of intuition, the door of Brahman, where you will get eternal sunshine, everlasting peace and bliss, and realize your real nature which is Satyam, Jnanam, Anantam, Vijnana Ghana, Ananda Ghana, Chit Ghana.

So let us gaze within, introspect within and rest in our own essential nature. Let us not forget our essential nature. I may remind you of the last words of the Upanishads, Tat Twam Asi—Thou art That.

American 'Near East Resolution'

President's Statement

"This occasion marks an important forward step in the developments of friendly relations between the United States and the Middle East area. The joint resolution of the Congress which I have just signed expressed the determination of the legislative and executive branches of the Government to assist the nations in the general area of the Middle East to maintain their independence. It is a further demonstration of the will of the American people to preserve peace and freedom in the world.

"The provisions of the resolution and even more, the unity of national purpose which it reflects will increase the administration's capabilities to contribute to reducing the Communist danger in the Middle East and to strengthening the general stability of the area."

"In my message to the Congress proposing the joint resolution now adopted I said that I would send a special mission to Middle East to explain the purposes of the resolution to the Middle Eastern countries and to report to me the most effective ways to carrying out these purposes. As was announced on January 7, 1957 The Honourable James P. Richards, former Chairman of the House Foreign Affairs Committee, has agreed to undertake this mission. Ambassador Richards will depart for the Middle East on March 12. "I regard Ambassador Richards' mission as an essential and important first step in carrying out the policies set forth in the joint resolution. As those policies are based on the concept of co-operation and as the assistance contemplated by the resolution will be extended only in response to requests from Middle Eastern governments, we must achieve the greatest measure of understanding and recognition of common interests with the area

ORDER NISI

IN THE DISTRICT COURT OF
MANNAR

Tasty Jurisdiction No. 834.

In the matter of the intestate estate of Bastiampillai Benedict late of Sinnakadai, Mannar,

Deceased.

Beatrice Muthamma widow of Benedict of Sinnakadai, Mannar,

Petitioner,

Vs.

1. Chelliah Reginald Edward Jayarajah and wife, 2. Patricia Chrisby both of Pettah, Mannar, 3. Basil Wijerajah Benedict of Sinnakadai, Mannar presently of Colombo 4. Kanaganayagam Xavier Thuraisingham and wife, 5. Angelina Saraswathy both of Sinnakadai, Mannar, 6. Reginald Emmanuel Benedict of Sinnakadai, Mannar presently of Colombo, 7. Charles Manikarajah Benedict of Sinnakadai, Mannar presently of England, 8. George Anthonis Veerasingham Benedict, 9. Marcus Nallaratham Benedict, 10. Joseph Balasundaram Benedict, 11. Rodney Manoraj Sebastian Benedict and, 12. Lourdes Christobel Sathiaswathy Benedict all of Sinnakadai, Mannar,

Respondents.

This matter of the petition of Beatrice Muthamma widow of Bastiampillai Benedict coming on for disposal before E. F. de Silva Esquire, Additional District Judge, Mannar on the 19th. day of February 1957 in the presence of Mr. Anantham Seemampillai, Proctor on the part of the petitioner and the affidavit of the petitioner dated the 18th. day of February 1957 having been read:

It is ordered that the petitioner as the widow of the deceased above-named is entitled to have Letters of Administration to the intestate estate of the deceased above-named issued to her and that the 3rd. respondent be appointed Guardian-ad-Litem over the 9th. to 12th. respondents for the purpose of representing them in these proceedings unless the respondents above-named or any other person shall on or before the 21st. day of March 1957 show sufficient cause to the satisfaction of this Court to the contrary.

The 19th. day of February 1957

Sgd/R, Paramakuru
Addl. District Judge.

(O. 339. 8 & 15)

Governments and their peoples. Ambassador Richards' mission is to advance this understanding and recognition of common interests. I know that he will bring to this task the integrity and sound judgment that have marked his long and distinguished career in public life."

Astrological

WEEKLY FORECASTS

'SRI PATHY'

FROM 17-3-57 TO 23-3-57

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

An unsettled week. You will find it difficult to make both ends meet. Relatives likely to give you some trouble. Health upsets also shown. Wednesday afternoon Thursday and Friday the worst out of the lot.

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

Health will not be satisfactory. Your mind will not be at rest. Work will be heavier. Spend the last two days with care.

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

Financially a good week. Your friends will be very helpful. Fame and social success also promised. But you will be overworked.

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

Mental worries and domestic upsets likely this week. You will be quick to pick up quarrels. Misunderstanding among friends also shown. Financial improvements promised week end.

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

Financially a fairly good week. But domestic affairs will remain unsettled. Beware of mischief makers. Ill health and troubles with relatives shown week end.

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

Domestic affairs will be unsettled. Work will be heavier than usual. Financial gains promised but you will not be able to save anything. Friends will be very helpful week-end.

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

You will have to wade through a lot of opposition this week. You will be quickly misunderstood. Troubles through secret enemies also shown.

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

Except for minor health upsets this promises to be a favourable week. New ventures will bring in good results. Fame and social success also promised.

SAGITTARIUS *Moolam, Pooradam, Uttiradam 1, [Thon Rasi]*

Brothers and sisters will be very helpful this week. Ruin to enemies also shown. But health will yet remain unsatisfactory.

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

A good week. But you will be overburdened with work. Financial gains and fame promised. Health must be given particular care for some time.

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

Sunday and Monday morning likely to upset you a bit. Rest of the week will be fairly favourable. Professional success and fame shown.

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

First half of the week will be unsettled. Monday Tuesday and Wednesday morning must be spent with care. Rest of the week favourable for new deals. Financial gains promised.

Island's Industrial Development

(Continued from page 3)

like Hume pipes, Super structures, and Special structures, Supports for High Tension Transmission Lines for Streets Lights, Road Junction Umbrellas' Finger Post Garden Seats, Fountains, Decoration Posts, R. C C Slabs, Tubs, Tanks Tables in short innumerable items of the kind This is a profitable industry with no capital investment.

Skin Hide— About 8% of the requirement of leather is being imported when there is great scope for the development of this industry in this country. A full scale tannery can be started at a suitable and central place where the skins can be, treated, cured, tanned to be transformed into a finished product for commercial purposes This is the main raw material for leather industry and the local production of tanned leather is sure to give a fill up to the existing footwear and other leather works. Making Wallets, Purses, Hand bags, Suit Cases, Trunks, Boxes, Sandals and other fancy articles is a main industry in India. Rubber and canvas are also used with leather in making various types of finished products under this industry.

Bricks & Tiles— The building construction works in cities, towns, urban places, development and project areas have expanded to such a great extent that the existing supply of construction materials is not at all sufficient to meet the demand It has therefore to be seen whether tile factories could not be started elsewhere to augment the existing supply and to minimise the import. A geological study researches and experiments conducted on the soil will help to locate the areas suitable for tile factory brick kilns, pottery and ceramic works. Brick kilns can be started in urban and rural areas for co operative house construction schemes or in places where firewood is available (without transport charges) and clay is good

(To be continued)

VISIT OF THE KING OF NEPAL

Adverting to the visit of their Majesties the King and Queen of Nepal and my earlier reference that the Hindu public of Ceylon including Temples, Institutions and Associations be given opportunity to do their duty towards the only Hindu King and Queen in the world, and the age long repositories of Hindu culture and religion, it is trusted that the Government of Ceylon would give the necessary facilities in this connection. It is also trusted that the Hindu Institutions and Associations would without delay make representations to the King of Nepal by telegraphic communication and also intimate to the Prime Minister, of Ceylon and the Government their thoughts. It is reported in the papers that the High Commissioner of Ceylon in India, Sir Edwin Wijayaratna, has gone to Nepal to see the King and make arrangements in connection with the visit of the King and Queen. There is no time to be lost in making the necessary representations. The participation of the Hindu public and the co-operation of both the Buddhist and Hindu Sections of the people of Ceylon are necessary to make the visit and program of the King and Queen the success it ought to be and also to produce the best results possible both in the interest of Ceylon's unity as well as for Nepalese—Ceylon relations.

By
S. SIVASUBRAMANIAM

sentations to the King of Nepal by telegraphic communication and also intimate to the Prime Minister, of Ceylon and the Government their thoughts. It is reported in the papers that the High Commissioner of Ceylon in India, Sir Edwin Wijayaratna, has gone to Nepal to see the King and make arrangements in connection with the visit of the King and Queen. There is no time to be lost in making the necessary representations. The participation of the Hindu public and the co-operation of both the Buddhist and Hindu Sections of the people of Ceylon are necessary to make the visit and program of the King and Queen the success it ought to be and also to produce the best results possible both in the interest of Ceylon's unity as well as for Nepalese—Ceylon relations.

JAFFNA COLLEGE

Classes preparing for the G. C. E. Advanced Level examination to be held in June, 1959, in Arts, Economics and Science will be formed at Jaffna College on June 5th, 1957. All applications should be in before March 28th. Application forms can be obtained from the College Office.

S. K. BUNKER
President

12. 3. 57.

Indian Elections— Indication Of Party Strength

* ABSOLUTE MAJORITY FOR CONGRESS IN 7 STATES
(AS ON MARCH 14, 1957)

State	Total Seats	Known Results	Congress	Communist	P. S. P.	Jan Sangh	Independents other parties
* Assam	108	97	65	4	8		20
Bihar	318	69	43	6	11		9
* Madras	205	159	119	2	2		36
* Mysore	208	151	109		14		28
*MadyaPradesh	288	258	206	2	12	9	29
*Uttar Pradesh	430	321	219	6	35	9	52
Kerala	126	97	35	45	8		9
Orissa	140	89	36	3	5		45
West Bengal	252	40	28	4	4		4
* Punjab	154	120	97	6	1	6	10
Rajasthan	176	112	75	1	1	5	30
Bombay	396	237	152	6	9	22	48
	Known		Cong.		P. S. P.		Independents
LOK SABHA	133		100		9		20
* Andhra							

ORDER NISI

IN THE DISTRICT COURT OF
JAFFNATestamentary Jurisdiction
No. 276In the matter of the intestate
estate of the late Muthumari
alias Muthumariamamma wife
of Vyravanathar Veluppillai
of Araly South late of Klang
in Malaya Deceased.Thangam widow of Murugesu
Sinnathurai of Araly South
the attorney of Vyravana-
thar Veluppillai of Araly
South presently of Klang in
Malaya. Petitioner.

Vs.

1. Sinnadurai Subramaniam,
wife
2. Manonmanjammal both of
Araly South,
3. Veluppillai Kanagaratnam
of do.
4. Veluppillai Thanabalasing-
ham of Araly presently
in Malaya
- Minor 5. Sarojini Ammal daugh-
ter of Veluppillai
- " 6. Veluppillai Thiaga-
raja and
- " 7. Vyravanathar Na-
masivayam of Araly
South.

Respondents.

This matter coming on for
disposal before P. Sri Skanda
Rajah Esquire District Judge
Jaffna on the 24th day of Ja-
nuary 1957 in the presence of
Messrs Subramaniam & Soma-
sundram Proctors on the part
of the petitioner and the affi-
davit of the petitioner having
been read;

It is ordered that the 7th
respondent abovenamed be ap-
pointed guardian-ad-litem over
the minors the 5th. and 6th.
respondents abovenamed for
the purpose of representing
them in the above proceedings
and that Letters of Adminis-
tration to the estate of the
above named deceased be gran-
ted to the petitioner abovenamed
as the attorney of the
husband of the deceased, un-
less the respondents or any
other person or persons inte-
rested in the above estate
shall appear before this Court
on or before the 25th day of
February 1957 and show suffi-

ORDER NISI

IN THE DISTRICT COURT
OF JAFFNATestamentary Jurisdiction
No. 284In the matter of the intes-
tate of the estate of the
late Victor Rasanayagam
Krishnapillai of Jaffna
Town DeceasedGrace Nallammah Krishna-
pillai of Chundikuli
Vs PetitionerGrace Jeevamalar daught-
er of Krishnapillai of do
Respondent

This matter coming on
for disposal before P. Sri
Skanda Rajah Esquire,
District Judge Jaffna on
the 25th day of February
1957 in the presence of
Mr. D. Rajadurai Proctor
on the part of the Peti-
tioner and the affidavit of
the petitioner having been
read:

It is ordered that letters
of administration in res-
pect of the estate of the
deceased abovenamed be
issued to the petitioner as
widow of the deceased un-
less the respondent or any
others who are interested
shall appear before this
court on or before 29th
day of March 1957 and
show sufficient cause to
the satisfaction of this
court to the contrary.

This 25th day of February
1957.Sgd. P. Sri Skanda Rajah
District Judge
(O 343 8 & 15)sufficient cause to the satisfaction
of this Court to the contrary.

The 16th day of January 1957,

Sgd./Sri Skanda Rajah
District Judge.

(O. 337. 8 & 15)

Notice of Application

IN THE DISTRICT COURT
OF JAFFNA

Testy Juris No. 283

In the matter of the
Intestate Estate of Aiy-
durai alias Kuddithamby
alias Ayadurai son of
Subramaniam alias Chup-
par of Taiping Federa-
tion of Malaya
Deceased

And

In the matter of the
British Courts Probate
(Re-sealing) Ordinance
Chapter 84.

Notice is hereby given
that after the expiry of
fourteen days from date
hereof, application will be
made to the District Court
of Jaffna under the British
Courts Probates (Re-seal-
ing) Ordinance Chapter 84
for the resealing of Probate
in respect of the estate of
Taiping. Federation of
Malaya deceased granted
by the Supreme Court of
the Federation of Malaya
in the High Court at Ipoh
under Petition No. 80 of
1956.

Jaffna.

This 25th day of February
1957A. V. Sathasivam
Proctor for Applicant
(O. 342. 8 & 15)

ORDER NISI

IN THE DISTRICT COURT OF
POINT PEDROTestamentary Jurisdiction
No. 579/TSidamparappillai Kandappu of
Aththulu Karaveddy West
Vs. Petitioner

1. Sittampalam Veluppillai of
Karaveddy West
2. Parupathy widow of Sittam-
palam of do
3. Sittampalam Kadirgamu of
do
4. Paththiny daughter of
Sittampalam of do

Respondents

This matter coming on for
disposal before S. Thamby
Durai Esquire District Judge
Point Pedro on the 30th day
of January 1957 in the pre-
sence of Mr. S. Sabapathi-
pillai Proctor on the part of
the petitioner and the Last
Will dated 20-2-56 and attes-
ted by S. Sabapathippillai
Notary Public and the petition
and affidavit of the petitioner
dated 30th and 25th day of
January 1957 and the affi-
davit of the Notary who attes-
ted the last will and of the wit-
nesses attesting thereto, dated
24th day of January 1957
having been read.

It is ordered that the said Last
will be declared proved, that
the petitioner as the sole heir
be declared entitled to obtain
probate thereof as Executor
appointed thereunder and that
probate thereof be accordingly
issued to the petitioner, unless
the Respondents or any other
persons appear before this
Court on or before the 21st
day of March 1957 and shew
sufficient cause to the satis-
faction of this Court to the
contrary.

This 30th day of January 1957

Sgd. S. ThambyDurai
District JudgeDrawn by
Sgd. S. Sabapathippillai
Proctor for petitioner
(O 341 8 & 15)

ORDER NISI

IN THE DISTRICT COURT OF
JAFFNATestamentary Jurisdiction
No. 264In the matter of the Last Will
and Testament of the late
Thaiyalnayagy wife of
Poopalasingham of Tellip-
palai East DeceasedAiyampillai Poopalasingham
of Tellippalai presently of
Gonadika Estate, Gampola
Petitioner

- Minor 1 Poopalasingham
Gnanasundaram
- " 2 Logeswary daughter of
Poopalasingham
- " 3 Puvaneswary daughter
of Poopalasingham
- " 4 Poopalasingham
Maheswaran
- " 5 Maheswary daughter
of Poopalasingham
- " 6 Poopalasingham
Jagatheeswaran
- " 7 Thilakeswary daughter
of Poopalasingham
- " 8 Poopalasingham
Lokeswaran
- " 9 Poopalasingham Para-
meswaran all of
Tellippalai East by
their Guardian-ad-
litem
- 10 Kulanthaivelu Socka-
lingam of do

Respondents

This matter coming on for
disposal before P. Sri Skanda
Rajah, Esquire, District Judge
on the 6th day of February
1957 in the presence of Mr.
M. Sithanparanathan, Proctor
on the part of the petitioner
and the affidavit of the peti-

tioner dated 24.10.1956 and
the affidavit of the Notary
and the subscribing witnesses
dated 16.12.1956 having been
read

It is ordered that the above-
named 10th respondent be ap-
pointed Guardian ad-litem
over the minors the above-
named 1st to 9th respondent
to represent them in this
action and that the Last Will
and Testament dated 5th day
of May 1956 and attested by
M. Sithambaranathan, Notary
Public, under No. 4529 and
made by the abovenamed
deceased, the Original of
which has been produced and
is now deposited in this court
be and the same is hereby
declared proved and that the
Petitioner as Executor named
therein be and is hereby de-
clared entitled to have Pro-
bate thereof issued to him ac-
cordingly unless the respon-
dents or any other person
interested shall appear before
this court on or before the
6th day of March 1957 and
show cause to the satisfaction
of this court to the contrary.

This 6th day of February 1957

P. Sri Skanda Rajah Sgd
District Judge

Drawn by

M. Sithambaranathan
Proctor for Petitioner
4.3.57Time to show cause is
extended till 18.3.57P. S. (Intd)
D. J.

(O 344 8 & 15)

THE JAFFNA MUTUAL
BENEFIT FUND Ltd.

(Established 1918)

BANKERS.

Authorised Capital Rs. 800,000.00
Amount of Calls made Rs. 616,313.00

SHARES: 8000 shares of Rs. 100/- each. 80 monthly
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Rs. 100/- for each at the end of the period.
Shares issued all times.

CURRENT ACCOUNTS opened and interest allowed
at 1% per annum on the average monthly
balance when it does not fall below Rs. 50/-.

FIXED DEPOSITS received for periods of 3, 6, 9 and
12 months and interest allowed at 1, 2, 4 and
6 % respectively.

DRAFTS issued on the National and Imperial Banks to
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arrangements.

LOANS on the security of Jewels a speciality. Part
payments accepted.

FOR FURTHER PARTICULARS APPLY TO:

S. KANAGASABAI,
Shroff.

வாண்டுதில் வழாது பெய்க மலிகளஞ் சாக்மன்னை
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நான்மறை யறங்க கோங்க கற்றவம் வேன்வி மல்க
மேன்மைகொன் னைக சீதி விளக்குக வல்கமெல்லாம்

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Manager

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