# THE ST. JOHN AMBULANCE,

JAFFNA ABEA



1970

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University of Jaffna

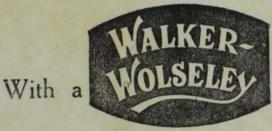
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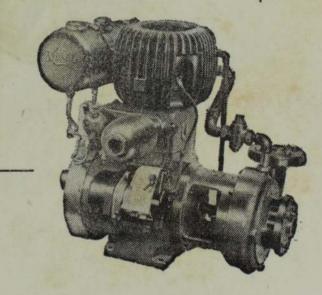


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# THE ST. JOHN AMBULANCE,

JAFFNA AREA





# FIRST AID - CENTENARY ISSUE

October 1970

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EDITOR: Muh. E. P. RASIAH, J. P.



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Deputy Commissoner

Professor Milroy Paul, MS, MRCP, FRCS, C. St. J.

#### JAFFNA AREA

Muhandiram E. P. Rasiah, S. B. St. J., J. P.

District Staff Officer

R. E. Rajanayagam, Esq:

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## உலக வாழ்க்கையிலிருப்போர் பிரபத்தினுல் நற்கதியடையும் உபாயம்

பற்றின்றி வாழ்க : பற்றின்றி வாழ்க ; உண்டு கழித்த உண்கல இல்யின் யாவர் விரும்புவர், யார்தான் தொடுவார்? காற்றில் அகப்பட்டு நூற்பெருந் திசையும் இங்கும் அங்கும் எங்கும் பறக்கும் ; ஆங்கது போல ஈங்கிப் புவியினில் பற்றற் றிருமின் ; பற்றற் றருமின் ; இன்ளேர் இடத்தின் இறையுமை வைப்பான் ; நாளேமற் ளேரிடம் நலகுவன்; அதனுல், சூழலும் மனேயும் துன்புற மாட்டா. மன்னிய உலகினில் வாழ்வதெவ் வண்ணம் ? என்ன வினவில் ; இறைவனே நினந்து முற்றிலும் அவன்பால அர்ப்பணஞ் செய்து கவலே இன்றிக் களிப்பொடு வாழ்மின் ; அவ்வணம் செய்யின் ஆண்டவன் அருளால் எல்லாம் நடக்கும் என்பதை உணர்விர்; உலகில் வாழ்வதும் உலகிகூத் துறப்பதும் இறையரு ளாலே எய்துவ கண்டீர்; ஆதலின் அவன்பால் அளேத்தையும் அடைவித்து அவன்பணி செய்மின் ; ஆங்கது வன்றி நும்மா லியல்வது பிறிதொன் றில்லே. இருமணங் காகிய பெருந்தமை தன்னேத் தலேயிற் ருங்கி வழியிற் செல்லுங்கால், மணக்காட்சி கண்டு மகழ வல்லோன் ஆற்றல் வாய்ந்த ஆண்மகன் கண்டீர் ; அதனுல், சிந்தையை யிறைபாற் செலுத்தி உலகில் ஆஞ்செயல் புரிமின் ; வீரமும் அதுவே,\* '

— விபுலாநந்த அடிகள்

#### SERVICE

"I shall pass through this world but once. Any good thing, therefore, that I can do or any kindness that I can show any human being, let me do it now. Let me not defer, nor neglect it, for, I shall not pass this way again"

#### HELP HUMANITY

Disciple :-

"Revered Master, You have written very many philosophical and abstruse things; where is the time to read them all and understand them. Can you not tell me the substance of your entire writings

Sage Viyasa:- "To help the destitute, to help suffering humanity is virtue; to harm anyone is sin."

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of

C. V. Bhatt

Colombo, Jaffna & Kandy.

St. John Ambulance Colembo, 16th July, 1970.

#### MESSAGE

FROM

Col. D. N. ROCKWOOD, E. D., J. P. COMMISSIONER, ST. JOHN AMBULANCE BRIGADE

I am very glad once again to send this message and my blessings to Area Commissioner, Muhandiram E. P. Rasiah, Divisional Superintendents and other officers and all members of the St. John Ambulance Brigade of Jaffna, to be published in your Brochure It has been a great pleasure for me to come year after year for your Annual Inspection and Parade. It is quite evident that the Brigade is going from strength to strength under the able guidance of Muhandiram Rasiah, the Area Commissioner and his keen leiutenants. He took over the reigns recently and he continues to uphold the good work which has been done in the past.

It is not sufficient to confine your work to towns only but this spirit of service to mankind must be spread out to the rural areas too. It is gratifying to see that some work has been started in this direction and with the able guidance of the Govt. Agent of Jaffna, I am sure, more Divisions will be formed in the rural areas. It is very encouraging to note that Principals and Headmasters of Maha Vidyalayas are taking up the cause, giving every opportunity for the children to do Ambulance work.

At the inspection when those who have won awards come to accept them, they must remember that it is not the personal kudos that matters, but the ability to do more and more and be a source of help to those unfortunate brothers and sisters who require your help, keeping in mind our motto "Service to Mankind".

Municipal Council, Jaffna, 19-7-70.

#### MESSAGE FROM T. S. DURAIRAJAH, Esq., MAYOR, JAFFNA

It gives me great pleasure to send this brief message to the Brochure that you propose to publish during the course of this year.

The St. John Ambulance Brigade has always played an important part in being ever ready to attend to the needs of the people in the Municipal area, whenever their services were necessary.

I wish that the Fire Fighting Services inaugurated by the Brigade in July, 1969 should continue to be available to the public of Jaffna, as the services of a Fire Brigade are not available to the citizens at times of need.

May I on this occasion congratulate the Area Commissioner Muhandiram E. P. Rasiah, S. B. St. J, J. P., his able officials and the members of the Brigade for the unostentatious and selfless services they render to the people of the Town.

Secretariat, Jaffna. 16th. September, 1970.

#### MESSAGE

FROM

WIMAL AMARASEKERA Esqr..

GOVERNMENT AGENT, JAIFNA DISTRICT.

It gives me great pleasure to give a Message on the occasion of the Annual Inspection of the St. John Ambulance Divisions in the Jaffna area by the Commissioner Col. D. N. Rockwood, E. D., C. St J, J. P.

The Ambulance Division in the Jaffna District has maintained a high standard of efficiency chiefly due to the untiring efforts of Muhandiram E P. Rasiah and his able assistant, Mr. R. E. Rajanayagam, who have always kept the movement very active and vigorous.

It has been possible through their efforts to disseminate knowledge of first-aid through lectures, classes and demonstrations. This background knowledge is very useful and the Jatfna Divisons which have more than a thousand trained personnel are great assets whenever their services are needed.

I wish the St. John Ambulance Brigade of Jaffna all success at their first aid competitions and annual inspection this year.

Bishop's House, Jaffna. 9th September, 1970.

## BLESSINGS

FROM

His Lordship The Rt. Rev: Dr. J. EMILIANUS PILLAI, O. M. I.
BISHOP OF JAFFNA

The aim of St. John Ambulance Brigade is of a very high humanitarian nature. Knowledge of First Aid is very important today, considering the fast life and dangers connected with it.

St. John Ambulance Brigade in Jatfna is an essential institution for our people. Leaders in our villages, teachers in our schools and all public-minded citizens should avail themselves of the opportunity provided by the Jaffna area Ambulance Brigade.

We are very grateful to Muhandiram Rasiah and Mr. Rasanayagam, his assistant, for the vigour and the perseverance with which they have worked so whole-heartedly for the success, of St. John Ambulance Brigade in Jaffna.

# MESSAGE

FROM

#### V. SIVASUBRAMANIAM, Esqr;

RETD. SUPREME COURT JUDGE

The St. John Ambulance Brigade at Jaffna has to its credit many years of devoted and unostentatious service for which the people are grateful to it. That it has risen to the occasion whenever the need arose and been ready to expand the area of its activities, even outside its normal sphere, is proof. if proof were needed, of the dynamism of its leadership and the spirit of dedication to service of its members. At the present day, there is no festival or celebration of any importance in the North at which the Brigade does not play a significant role May the Brigade grow from strength to strength and infuse into other sections of the people too its spirit of dedicated and selfless service.

## CONGRATULATIONS

FROM

#### K. V. RAMANATHAN, Esqr.,

SUPDT. OF POLICE, TAFII, KANKESANTURAL.

It is gratifying to note the gradual awakening of the Public consciousness to hie importance of rendering First Aid, which is worthy of special mention.

Statistics of Accidents in Ceylon in one recent year indicate as follows:

621 people were killed 2241 were seriously injured,

over 66 were slightly injured.

Beside these, several people died in house accidents, and others died in factories, on farms and on the Railway.

The best First Aid is prevention. The St. John Ambulance Divisions in Jaffna area could point out the way risks can be avoided, by taking elementary precautions.

But when an accident does happen, every one should know how to deal with it. It may be some time before a doctor or Ambulance can reach the injured person. Every one should know how to make him her safe during that critical interval.

A slight burn or cut, if mistreated, may lead to infection or even end in the amputation of a limb. Everyone should there, fore have knowledge to attend on the injured at time of an accident, however unimportant it may seem

The Jaffna Public is lucky in having a willing Band of workers like Muhandiram E P. Rasiah and his assistants, who have kept the Flag flying through out the years, giving their best to the movement.

I offer them my congratulations and wish them all continued success in their efforts in the future.

D. J's Bungalow Panadura. 5-8-70.

#### BLESSINGS

FROM
M. M. ABDUL CADER, Esqr;
District Judge, Panadura

The Prophet of Islam, Muhammed (Sal) stated as follows .

"On the day of resurrection God most high will say, 'Son of Adam, I was sick and you did not visit me.' will reply, 'My Lord, how could I visit Thee when Thou art the Lord of the universe?' He will say, 'Did you not know that my servant so and so was ill and yet you did not visit him? Did you not know that if you had visited him you would have found me with him?" Son of Adam, I asked you for food but you gave me none.' He will reply, 'My Lord, how could I feed Thee when Thou art the Lord of the universe?' He will say, 'Did you not know that my servant so and so asked you for food and yet gave him none? Did you not know that if you him you would have found that with me?" "Son of Adam, I asked you for drink but you gave me none.' He will reply, 'My Lord, how could I give Thee drink when Thon art the Lord of the universe?' He will servant so and so asked you for drink but you gave him say 'My none. Did you not know that if you had given him something to drink you would have found that with me?'

"Love thy neighbour as thyself."; 'Maitriya' and 'Karunawa' and அன்பே சிவம் are well-known principles which need no reiteration.

St. John Ambulance Brigade was born in the fold of Christianity with the noble principle "Pro Utilitate Hominum"

— 'In the service of humanity,' a principle fundamental to all religions, even as it is to Christianity.

It is an accident of history but nevertheless, a benefit that tha St. John Ambulance Brigade functions in Ceylon. It has seen many noble men and women translate the grand principle

of service to God through service to man, into daily action. In recent times, the Brigade of the Jaffna area has come under the enthusiastic leadership of Muh E. P. Rasiah, S. B. St. J., J. P. and Mr R. E Rajanayagm old friends of mine. I have known their work in other fields of social service and it is not surprising that the Brigade has not only increased in number but also has opened out new fields of service.

I understand that the Jaffna Area Brigade wishes to find avenues to further expand its activities to rural areas. In the context, especially of the present outlook on social life, it is very essential that this movement should be taken to the villages so that the common man can make this movement his own,

Opportunities exist in this movement for receiving instructions and assistance not only for self-help but also for help to others. Men and women in this movement have found great satisfaction in the service that they had been able to render, however humble that service be. What distinguishes and ennobles man from man is his desire to serve others. I have no doubt that if the principles that this movement embodies and the pleasant experiences that the members of this movement have experienced are placed before the intelligent and understanding public of Jaffna, the desires, aims and objectives of the present officials will be realised i, e, to take the movement to every nook and corner so that the common man and woman will find through this movement avenues of service to himself, his family, community and his country.

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EDITORIAL

#### 1970 — CENTENARY YEAR — FIRST AID

The First Aid Organisation inaugurated in England in August, 1870 under the Chairmanship of the Duke of Manchester, Grand Prior of the Order of St. John of Jerusalam was known as "The National Society for Aid to the Sick and Wounded in War" and is 100 years old today. It was this Society that commenced the dissemination of the knowledge of First Aid to the World.

Ever since, the role of this Organisation has been the promotion and expansion of knowledge in First Aid and kindred subjects; or expressed more practically, "ensuring by its efforts that wherever injury or illness occurs — whether in the home, or high seas, street or school bus or train — there will be someone on hand trained to know what to do and save a life in distress." The steps towards this include classes, examinations, award of certificates, competitions and demonstrations. This is a succinct description of the aims which motivate the men and women in this Organisation, which has accomplished so much in spreading an appreciable knowledge of First Aid during the past 100 years.

Today all around the world, quietly at work are the trained members of this Organisation, the St. John Ambulance Brigade, an International Army of Mercy. Its members bear no arms, but a White Cross — the symbol of those commendable virtues which the four arms represent — Prudence, Temperance, Fortitude and Service. Its common mission is one of Mercy. Its humanitarian programme is the mitigation of the suffering of the injured — whoever he may be — by prompt skilled Service.

It is a matter for some satisfaction that this Movement in Jaffna has made significant advances in this momentous year. It has been possible to take it, for the first time, to Jaffna's rural population and conservative sections like the Youths Progressive Union of Alaveddy, Y. M. H. A. and Mather Sangam Tinnevely, and even to the Muslim girls of Katheeja

Digitized by Noolaham Foundation. noolaham.org | aavanaham.org Maha Vidyalayam. They had all come forward to drink deep from this Fountain of First Aid. It is a healthy sign and one can feel optimistic that more and more will join this army of volunteers.

On this momentous year, Ceylon too has decided to effect a merger of the St. John Ambulance Brigade and Association into one unit and to function as "The St. John Ambulance" under the aegis of that Supreme Body "The St. John Council of Ceylon" inaugurated on 5-9-70 in Colombo.

Electrified by this merger, the movement is bound to grow vigorously. With dedicated men like Mr. Mallory E. Wijesinghe, Mr. C. I. Edwards, Col. D. N. Rockwood, Professor Milroy Paul, Lt. Col. Jilla, Dr. T. Gunaratnam & Miss Gladys Fernando & others at the helm of affairs, we may be sure of a dynamic future for this movement.

## MISSION OF LIFE

"Marvellous are the possibilities of human life. You can elevate it to the highest eminence and make it reveal its rare hidden powers to produce works that can leave a permanent impress upon time. Mainly there are three functions of human life, namely THINKING, FEELING and ACTING. If you manipulate these functions from your nature, they create only discord for yourself and for those round about you, whereas if they are inspired by your higher divine nature to serve all and help all, then they will make for the attainment of a state of harmony conducive to your own felicity and also for the delight of others."

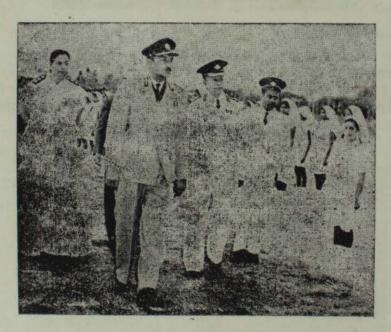
- The Vision

## **Outstanding Events**

#### 1. Visits of V. I. PP.

(a) Col. D. N. Rockwood, our Commissioner and Mrs Reckwood honoured us with their visit and Annual Inspection in October 1969. This time, the venue of the Parade was the spacious Stadium where many Divisions (registered and unregistered) turned up.

#### Col. D. N. Rockwood Inspecting the Parade



Annual Inspection 1969

The piece de Resistance was the Band from the Atchuvely St, Theresa's Convent school. Attired in their colourful uniforms nearly 2 dozens teenage - girls lead the First Aid Divisions with martial music to the delectation of the invitees and gave a glare and flare to the Parade which attracted a large number of sight - seers.

#### Col. D. N. Rockwood Taking the Salute at March Fast



Flanked by Mr. C. I. Edwards and Muh. E. P. Rasiah

After the March Past and Inspection, the Commnr. was good enough to present the First Aid certificates to the recipients and in the end ceremonially handed over to Muhandiram Rasiah" the Warrant of Appointment from London Hd. Quarters" promoting him to the rank of Area Commissioner.

The Commnr. Presenting Act of Appt.



As Area Commer , to Muh. E. P. Rasiah

At the conclusion, standing under the fluttering First Aid Flag, he addressed the gathering as follows:-

"The Inspection of the First Aid Divisions, both Ambulance and Nursing has been most successful and enjoyable. The smart turn-out efficiency and discipline of those who took part in the Parade did credit to the careful training and attention to details of Muhandiram Rasiah ..."

- (b) C. I. Edwards, Esq;, who is the Hony Secretary and Treasurer of Ceylon's St. John Ambulance Association honoured us by taking part in the Annual Inspection and Parade of F A and Nursing Divisions and his presence lent dignity to the proceedings. Feeling satisfied with all that he saw, he was good enough to record his impressions thus:
  - "I congratulate Muhandiram Rasiah, the dynamic force behind all this organisation, and his willing colleagues to all of whom I say a big 'Thank you."
- (e) S. Nagarajah, Esq; the Mayor, who had occasions to personally see some of the First Aid Posts run by us, made it a point to attend the Annual Parade and see the March Past of the Brigade. He remarked:—

"Life is not worth living unless one is able to serve his fellowmen. It is this band of dedicated men who belong to the St. John Ambulance Brigade, who serve society well and truly. I am aware the success of this Branch in our City is largely due to the untiring efforts of Muh. Rasiah. I wish all those who belong to this Brigade all success and more and more opportunity for Service."

#### 2. Complimentary Dinner

Col. & Mrs. Rockwood and Mr. C. I. Edwards were entertained at a Dinner in their honour given by the Brigade at the Jaffna Rest House. Mr. F. C. Pietersz, the G. A, presided. The S. H. S., Deputy S. H. S. M S. and several members of the public participated in the Dinner.

The G. A., Muhandiram Rasiah. and Mr. K. Sivapalan, the Vice-Pincipal of the Junior University at Palali, felicitated the guests. They replied suitably and thanked all for the honour.

# 3. Spread of Knowledge of First Aid into Rural areas & Conservative Quarters.

For the first time in Jaffna over 2 dozens teenage muslim girls took to First Aid and obtained certificates of Proficiency in First Aid. Miss L, Mohideen the enterprising Principal of Katheeja Maha Vidyala-

yam deserves our congratulations for overcoming conservative conceptions and taking this forward step.

(b) About 28 members from "The Youths Progressive Union' of Alaveddy, a Rural area, have qualified in First Aid due to the efforts of Mr. Sri Kanthavel, the Hony. Secy. of that Union.

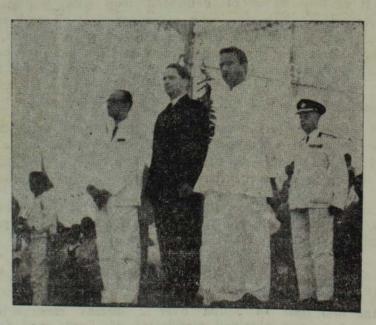
Likewise, the members of the Navaly Rural Development Society are under-going training in First Aid at the instance of Mr. W. N. Thevakadadcham, another Public Worker of repute.

Applications from Community Centres & R. D. S. of Varuthalavilan Kadduvan and Myliddy for training in First Aid of their members have been sponsored by Mr. K. Sivapalan, the Vice-Principal of the Junior University at Vasavilan — tangible proof that First Aid is catching up Rural Areas.

#### 4. Independence Day Celebrations, 1970

At the invitation of the Independence Day Celebration Committee, several of our First Aid & Nursing Divisions "Fell in" along with army, and naval contingents and participated in the Parade and earned the commendations of the Commanding Officer for 'their smart turn-out and perfect Parade movements.' Though this does not come within the purview of our normal duties, yet it was Service to a National Cause. The G. A. wrote "I wish to convey my thanks & appreciation for the co-operation extended by you and the Brigade ... The success of the celebrations was in a large measure due to your efforts ..."

#### Independance Day Celebrations - 1970

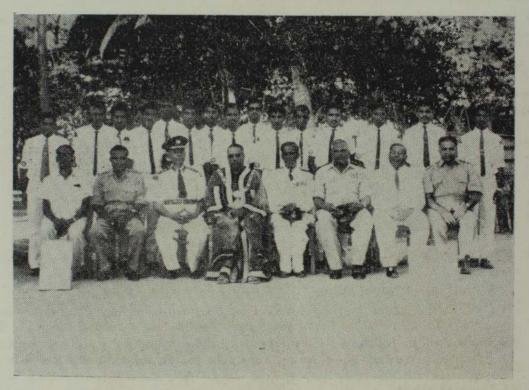


G. A. Viewing the March Past.

#### 5. First Aid Posts

(a) We provided First Aid Posts on many important occasions, but the one run at Nallur in the temporary Municipal Health Office, adjoining the Kandaswamy Temple for nearly 26 days continually, took pride of place. The First Aiders of the Tinnevely Y. M. H. A. Division under the command of Mr. Vallipuram, Divl. Supdt. were in charge. They operated under the direct control and guidance of Dr. V. Nadarajah, the M O H.. First Aiders from other Divisions in Jaffna came here and took turns, during peak hours on High Festival days.

First Aid Post at Nallur Kandasamy Temple, August - 1970



Nayor, M. O. H: & Officials with First Aiders of Tinnevely Y. M. H. A. Divn.

On an average about 15 casualites — ranging from minor injuries, burns, fainting fits to heart attacks and fractures — were attended to; steps being taken to hospitalise the latter types. The smart and active services of the First Aiders evoked the spontaneous commendations of the Mayor, high Police Officials and also members of the public who remarked "All are smart and active", "Excellent work is being done" "St. John Amb. Brigade Unit continues to render excellent service not only at Nallur, but also at all important functions."

The Radio Ceylon that broad-cast the Car festival proceedings, made a special commentary of the services rendered by the St. John Ambulance Brigade at Nallur.

#### Independence Day First Aid Post

(b) For the first time, the services of a Govt. Medical Dept. Doctor. and the Ambu'ance Van became available for service. Under the direction of Dr. M Shanmugathasan, First Aiders — Medical students (boys & girls) from the Lanka Ayurvedie Medical College — manned the post and rendered yeoman service

#### Independence Day First Aid Post



Dr Shanmugathosan & First Aiders from Lanka Ayurvedi: Medical Colleg.

#### Police Day Celebrations & Thinakaran Sports Festival

Our First Aiders worked under the supervision of Dr. B. Rajaratnam, A. M. O. H.. With the Ambulance Van of the Medical Dept., our First Aiders followed the cyclists on their 60 miles route round the Peninsula, rendering en route First Aid to the fainting and exhausted cyclists, who dropped out on the way. We should record here our grateful thanks to the S. H. S. for providing us with the services of qualified Doctors and giving the use of the Ambulance Van with drugs But for this, our First Aiders would have been greatly handicapped and whatever service they tried to render, would have been imperfect.

#### 6. Blood Donation

Hats off to the pupils of the Ponnambalam Ramanathan Junior University at Palali. Nearly 2 dozens First Aiders had bravely donated several pints of blood — FREE. Their refusal to accept the payments the Medical Authorities usually make to such donors, is indeed commendable.

By this praise-worthy action, they have not only earned a name and fame for their University, but have also helped to enhance the prestige of the St. John Ambulance Movement in Jaffna and won for themselves individual "Certificates of Merit." awarded by the Medical Officer of the Blood Bank.

Mr. Sivapalan, the Vice-Principal deserves the congratulations of the Brigade for organising this and setting a wholesome example for others to follow. He has incidentally exploded the myth that the extraction of a pint of blood may affect the heart and health of a donor.

#### 7. Practical Training in Hospital

Through the courtesy of Dr. A. Arulpragasam, the M. S., General Hospital Jaffna, batches of our First Aid and Nursing personnel were able to attend the Nursing School in the Hospital and get practical Instructions in Clinical methods, bandaging, sterilisation of clothes, instruments etc, before they complete their Course of Lectures and sit for their examination. Our thanks are due to the Principal and the Sister Tutors for their co-operation and services.



## Number of Persons Trained in First Aid Etc.

#### 1969 October to September 1970

Date of I	xam. Name of Division	First Aid	Preliminery	Total
21-12-69	Boy Scouts Divn. No. 3 Chavakachche	ri 39	20	59
	Y. M. H. A. Tinnevely Divn.	27		27
	Mahajana College, Tellipallai	32		32
	Holy Family Convent, Jaffna (E)	45		45
	Katheeja Muslim Maha Vidyalayam	28		28
	Cement Factory Divn.	32		32
3- 6-70	Mayor's D.vn. Jaffna	16		16
17- 7-0	Youths Progressive Union, Alavedy	28		23
8- 8-7 )	Mather Sangam, Tinnevely	24		24
14- 8-70	Holy Family Convent Jaffna (T)	24	7	31
	Total	295	27	322

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#### Brochure — 1969

This has been hailed as an interesting and informative Publication. An extract from a V. I. P's letter illustrates it:

"... Thank you for your complimentary copy of the St. John Ambulance Brigade's Brochure for 1969. It has afforded me interesting reading .... You have compressed into a few pages some important facts of the wide range of activities of that ancient, voluntary Organisation, in this part of Ceylon.

This Brochure that makes its appearance once a year recounts, interalia, the work of the members who toil in silence.



# LIQUOR AND LONGEVITY

The Horse and Mule live only twenty years for they know nothing of wine and beers. The Goat and Sheep at twenty die For they never tasted scotch and rye. The Cow drinks water by the ton and at eighteen is almost done. The Dog at fifteen cashes in, without the aid of rum and gin. The Cat in milk and water soaks, Then at twelve short years it croaks. The modest sober bone-dry Hen, Lays eggs for hoggs, then dies at ten. All Animals are strictly dry, They sinless live and swiftly die. But sinful, ginful, rum - soaked men, Survive for three score years and ten. And some of the mighty few, Stay pickled till we're ninety two!

Mrs. A. Swaminathar, M. M. C., J. P.



Divl. Supdt. Nursing Divn., Jaffna Convent.

Col. D. N. Rockwood, E. D., J. P.



Commur. for Ceylon St. John Amb. Brigade

## **Donors of Trophies**

Home Nursing & First Aid Competitions
(1970 — Seventh Year)

HOME NURSING

First Prize
"The Col. ROCKWOOD CHALLENGE SHIELD"
Presented by

Col. D. N. Rockwood, C. St. J., J. P. Commissor St. John Ambulance

Second Prize

The Dr. THIRUNAVUKARASU SHIELD "

Presented by

Dr. R. Thirunavukarasu,

General Hospital, Jaffna.

POLICE

First Prize

"The JAFFNA CO-OP. STORES Ltd., CHALLENGE CUP"
Presented by

The Managing Director of The Jaffna Co-op. Stores Ltd. Jaffna.

Second Prize
"Dr. VADIVEL CHALLENGE CUP"
Presented by

Dr. S. K. Vadivel,

Senior Lecturer, Govt. College of Ayurvedic Medicine, Colombo.

CIVIL DIVISIONS

First Prize

"THE THINAKARAN CHALLENGE SHIELD"

Presented by

The Associated Newspapers of Ceylon, Ltd. Lake House, Colombo.

Second Prize
"PRAGASAM CHALLENGE CUP"

Presented by

P. A. Pragasam, Esqr; J. P. Daily News Office, Jaffna.

# COMPETITIONS IN FIRST AID Etc.

First Aid Competitions are meant to provide dress - rehearsals for a real emergency, and the more realistic the test is, the better training and experience it provides to the Competitors.

### 1970

# Results of Competitions

NURSING DIVINS:

Winners of

"THE Col. ROCKWOOD CHALLENGE SHIELD"

1. Jaffna Holy Family Convent Tamil Maha Vidyalaya Team

Winners of

"The Dr. THIRUNAVUKARASU SHIELD"

2, Jaffna Holy Family Convent Team "B" English School

POLICE DIVNS !

Winners of

"THE JAFFNA CO-OPERATIVE STORES LTD.
CHALLENGE CUP',

1. Jaffna Police A, Team

Winners of

"THE Dr. VADIVEL CHALLENGE CUP"

2. K. K. S. Police Team

CIVIL DIVNS:

Winners of

"THE THINAKARAN CHALLENGE SHIELD"

K. K. S. Cement Factory Divn.

Tinne vely Y. M. H. A. Divn.

Winners of

"THE PRAGASAM CUP"

2. {Vaideeswara Vidyalayam Team — "B" Mahajana College Team — "A"

# முதலுதவி

சி. சிவகுருநாதன், M. A., Dip-in-Ed

முதலு தவி என்பது ஒருவன் துன்பமடைந்த காலத்தில் வரிசைக்கிரமத் தின்படி அவனுக்கு உதவப்படும் முதல் உதவி ஆகும். அது பண்பும் பயனும் கரு தப்படும்போது, முதன்மையான — சிறப்பான — உதவியாகவும் ஆகின்றது.

விஞ்ஞான அறிவு வளர்ந்து, விஞ்ஞானக் கருவிகளும் உபகரணங்களும் மலிந்து, பெருகி, வாழ்வு வளம்பெற்ற இக்காலத்தில் வீட்டிலும் வீதியிலும் வேறிடங்களிலும் விபத்துக்கள் ஒவ்வொரு நொடியிலும் நிகழ்ந்துகொண்டே இருக் கின்றன. இவற்ருல், மருந்தினுதவியின்றித் தாமாகவே குணமடையும் சிறு காயங்கள் முதல் உடன் நிகழும் மரணம் வரை பல்வேறு வகையான தாக்கங்கள் உடம்பிலே உண்டாகின்றன.

வீட்டிலோ, வீதியிலே, வெளியிடங்களிலோ விபத்துக்குள்ளானவர்களே உடனே சிகிச்சைக்காக மருத்துவமன்க்குக் கொண்டு செல்லவோ, மருத்துவரை அழைத்து அவர்களுக்கு சிகிச்சை அளிக்கவோ எப்போதும் எல்லோருக்கும் முடியாது என்பது நாமனேவரும் அநுபவத்தில் கண்டறிந்த உண்மை.

எனவே, மின் விளக்கு, மின்னடுப்பு, மின் இஸ்திரிப்பெட்டி, நீரிறைக்கும் இயந்திரம் முதலிய விஞ்ஞானக் கருவிகளேப்பற்றிய சிறு அறிவு எத்துணே இக்கால வாழ்க்கைக்கு இன்றியமையாததோ, அத்துணேச் சிறப்பு வாய்ந்தது விபத்துக்குள் ளானவர்களுக்கு உடனுதவக் கூடிய சிறு மருத்துவ அறிவும் ஆற்றலுமாகும். இவை வெட்டுக் காயங்களிலிருந்து இரத்தப் பெருக்கைத் தடுத்து நிறுத்தவும், மயக்கம டைந்து மூச்சு அற்ற நிலேயில் செயற்கைச் சுவாசம் கொடுக்கவும் மிகவும் முக்கிய மாகும். இவையும் இவை போன்றவையுமே உடனுதவி அல்லது முதலுதவிக்கு உபகாரமாக இருப்பவை.

எதிர்பாராமல் வேஃத்தலத்திலுள்ள வேஃலயாளின் கைக்கருவி தவறிய போது உடலிலே வெட்டுக்காடம் ஒன்று ஏற்பட்டால்; குழந்தை தெரியாமல் மண் ணெண்ணெயைத் தண்ணீரென்று நிஃனத்துக் குடித்துவிட்டால்; எரிகாயம் ஏற்பட் டால்; பாதுகாப்பற்ற மின்பொத்தானே முன்யோசஃனயின்றித் தீண்ட அப்போது மின்சாரம் தாக்கிஞல்; ஒருவர் கிணற்றுள் விழுந்தால்; உடனே மருத்துவ உதவி செய்யத் தவறிஞல் மரணமே ஏற்படலாம். மிக முக்கியமாக மோட்டார் வாகனங் களாலும், மின்சத்தியினையும் இக்காலத்தில் உண்டாகும் விபத்துக்கள் மிகப் பல. இவற்ளுடு தொடர்புபட்டவர்களுள், பயிற்சி பெற்றவர்களால் முதலுதவி வழங் கப்பட்டு உயிர்பிழைத்தவரும், வழங்கப்படாத காரணத்தால் உயிர் இழந்தவரு மாக மிகப்பலராவர்.

சென்ற ஆண்டு, மின்சத்தியினுல் தாக்கப்பட்டு மூச்சடங்கி நாடி விழுந்து இறக்குந் தறுவாயிலிருந்த செல்வன் பிளாசிடஸ் அந்தோனிப்பிள் என்ற ஐந்து வயதுச் சிறுவனத் தன் சமயோசித புத்தியாலும் முதலு தவியினுலும் காப்பாற்றி மறுவாழ்வளித்த அன்ன, திருவாட்டி அந்தோனியா சாமிநாதரின் (M. M. C.) சேவையைச் சென்ற ஆண்டு அறிக்கையில் (பக். 2) படித்து வியந்து அன்னுரைப் பாராட்டினேம். இன்னும், இந்த சென் ஜோன்ஸ் அம்புலன்ஸ் படையினரின் தன பதியாகிய முகாந்திரு இ. பொ. இராசையா J. P. அவர்கள், இதே போன்ற ஒரு மின்சத்தித் தாக்குதலுக்கு ஆட்பட்டு வீசு எறியப்பட்ட ஓரினேஞன் இறந்துவிட்டார் என்று அவரின் உற்றுர் உறவினர் அறிவற்றுக் கிடந்த அவரைச் சுற்றிச் சூழ்ந்து

கொண்டு ஓலமிட்டலறுவதைக்கண்டு. அயலிலே வசதியாகக் கிடந்த ஒரு மரத் தடியினுல் மின் தொடர்பைத் துண்டித்து. தாக்குண்ட இன் ஞனுக்கு முதற் சிகிச்சை வழங்கிக் காரில் ஏற்றி, வழிநெடுகிலும் செயற்கை மூச்சை உண்டாக்கிய வண்ணம் மருத்துவ மணக்கு எடுத்துச் சென்று. அங்கே மருத்துவர்களின் உதவி யால் அவ்வுயிரைக் காப்பாற்றி, அவருக்கு மறுவாழ்வு அளித்து, அம்மறுவாழ் வுக்குத் தந்தை என்ற புகழையும் பெற்றுர்.

விபத்து ஏற்பட்டவுடன் முதலுதவியளித்து, மருத்துவர் கையில் ஒப்ப டைக்கும் வரை நோயாளிக்கு செயற்கைச் சுவாசம் வழங்கியமையாலேயே அவ் வுயிர்கள் பிழைக்கத்தக்கதாக இருந்தன என்பதும் குறிப்பிடத்தக்கது.

இங்ஙனம் முதலுதவியால் உயிர்பெற்றவர் பலராவராதலின், இதன் இன் றியமையாச் சிறப்பை எங்ஙனம் பாராட்டுவது!

ஒவ்வொரு வீடு, தொழிற்சாஃ, பாடசாஃ, வேஃத்தலம், அலுவல கம் முதலாகிய எவ்விடத்திலுமுள்ள ஒவ்வொருவரும் ஏதாவது ஒரு விபத்தை எந்த நேரத்திலும் எதிர்பார்த்து அதஞல் ஏற்படக்கூடிய தீயவினேவுகளே நீக்கப் பயிற்சி பெற்றிருத்தல் மிக மிக அவசியமாகும்.

ஆண், பெண், குழந்தைகள் ஆகிய அனேவரும் முதலுதவிடல் பயிற்சி பெற்றிருத்தல் வேண்டும். சமயோசித புத்தியுடன் முதலுதவி அறிவும் ஆற்றலும் பெற்றிருந்தால், எந்த ஆபத்தான நிஃயையும் சமாளித்து. ஆபத்துக்குள்ளான வரை எவ்வித தீங்கும் ஏற்படமுன்னர் மருத்துவ மணயில் சேர்த்தோ, மருத்து வர் கையில் ஒப்படைத்துவிடேவோ முடியும்.

இத்தகைய சிறந்த முதலுதவிக் கல்வியையும் பயிற்சியையும் நம் நாட்டிலே சென் ஜோன்ஸ் அம்புலன்ஸ் படையினர் அளித்து வருவது நாமணேவரும் செய்த புண்ணியத்தின் பயனுகும்: எந்த நேரமும் இன்னலடையும் உயிரைக் காப் பாற்றிச் சுகந்தருவதையே தமது முதல் நோக்கமாகக் கொண்ட இப்படையினர் எல்லாருக்கும் எந்நேரமும் இக் கல்வியையும் பயிற்சியையும் வழங்க ஆயத்தமாக இருக்கின்றனர்.

இவ்வாண்டு இப்படையினர் மிக வைதீகக் கொள்கைகள் நிறைந்த அள வெட்டி, தெல்லிப்பழை முதலாய கிராமங்களிலே வகுப்புக்கள் நடாத்தி, முத லுதவி அறிவைப் புகட்டி பபிற்கியும் அளித்தனர்; மேலும் முற்போக்குக் கொள் கைகளே ஏற்றுக் கொள்வதில் சிறுதயக்கங் காட்டும் யாழ்ப்பாண முஸ்லீம் பகுதி களிலே கூட இவ்வகுப்புக்களே நடாத்தியுள்ளனர். யாழ்/கதீஜா முஸ்லீம் மகளிர் வித்தியாலயத்திலுள்ள சிறுமிகளுக்குப் பயிற்சி அளிக்கப்பட்டமை மிக மிகச் சிறந்த சேவை எனலாகும்.

இவ்வாருக முதலுதவி செய்வதிலும், முதலுதவியைச் செய்ய மக்களே ஆயத்தஞ் செய்வதிலும் பெரிதும் ஈடுபட்டு வருகின்ற சென் ஜோன்ஸ் அம்புலன்ஸ் படையிஷரின் உயிர் நாடியாக விளங்குபவர் முகாந்திரம் இ. பொ. இராசையா J. P. அவர்கள். அவர் தம் வாழ்க்கையின் பெரும்பகுதியை இதற்கென அர்ப்ப ணஞ் செய்து பணியாற்றி வருவது நாமெல்லோருஞ் செய்த பாக்கியமாகும்.

இப்படை மேன்மேலும் இப்பணிகளேச் செய்யவும் இப் படைக்கு உயிராக வீளங்கும் முகாந்திரம் இராசையா அவர்கள் திடகாத்திரத்தோடு நீடூழி வாழ வும் நாங்கள் வாழ்த்திப் பிரார்த்திப்போமாக.

## History of "First Aid"

The Service of First Aid to the injured is based on the primary principles of Medicine and Surgery, a knowledge of which enables trained persons to render skilled assistance to a casualty or victim of sudden illnes. Its purpose is to give immediate aid to an injured or sick person to assist recovery, prevent aggravation, until Medical attention becomes available

Dr. Esmarch, the Originator of First Aid, a distinguished German Surgeon became world-famous by his being author of two Manuals —

"First Aid on the Battle-Field."
"First Aid to the Injured."

- In 1831 Dr. Mayor of Switzerland invented the Triangular Bandage which later Dr. Esmarch popularised.
- In 1870 The first 'First Aid' Organisation known as 'The National Society for Aid to the Sick & Wounded in War' was founded—exactly a 100 years ago.
- In 1877 The first St. John Ambulance Association was founded.
- In 1877 The First Certificate of Proficiency in First Aid was awarded.
- In 1878 The first Edition of "Aids to cases of Injuries or sudden Illness," a Manual of Instruction in First Aid was issued by Surgeon-Major Peter Stephen.
- In 1879 For the first time, the term "First Aid" was officially adopted in England.
- In 1882 Professor Esmarch's Ambulance lectures were translated from German by Her Royal Highness Princess Christina, a daughter of Queen Victoria and published by Smith Elder & Co under the title of "First Aid to the Injured."
- In 1887 The St. John Ambulance Brigade was formed, inter alia, to reinforce the Medical Services of the Crown, in times of National emergencies.
- In 1894 The term "First Aider" was coined and put to official use, to designate "Any person who has received a certificate from an authorised Body that he is qualified to render First Aid."

### Sense & Nonsense

(culled by E. P. K.)

'A little nonsense now and then Is relished by the wisest men.'

1. Patient: 'Doctor, Can I live up to a 100 years?'

First Aid Doctor: 'How old are you?'

Patient: 'Fifty'

Doctor: 'Do you drink, smoke or gamble?'

Patient ! 'No, I don't, I have no vices '

Doctor: 'Then why do you want to live for another 50 years?

- 2. 'It is better to be silent and be considered a fool, than to speak and remove all doubts.'
- 3. 'The great man never feels great
  The small man never feels small.'
- 4. 'Life does not consist in holding all the high cards,
  But in playing a bad hand well.'
- 5. 'A good husband should be deaf.
  And a good wife blind.''

#### Move-on By-law

6. 'He who is silent is forgotten; he who abstains is taken at his word. But he who does not advance falls back.

He who stops is overwhelmed, distanced and crushed.

He who ceases to grow greater. becomes smaller,

He who leaves off, gives up; the stationery condition is the begining of the end.

Therefore, Move - on; Go ahead.'

8. 'A street urchin in London, in a spirit of mischief, asked Cannon Wilberforce, an authority on the City Roads
'Which is the shortest cut to Heaven.'

In quick retort, the Cannon replied.
'Turn to the Right first and the r Keep Straight.'

#### Second Crucifixion

9. 'Gandhi has been killed by one of his own people for whose re-

This second crucifixion in the history of the world has been enacted on a Friday — the same day Lord Jesus was done to death.' Father forgive us!

#### Workers' Widom

10. 'The Workers in a small Manufacturing Company have elected a stray dog as an Honorary Vice-President of their Union. When a Press-man asked for clarification, the Workers' spokesman explained:

'His ability to get along with anyone. his prompt response to a pat on the back, his interest in watching others work and eat, his knack of looking wise and saying nothing, when others are talking, makes him a born, natural Vice-President.'

#### Fractured First Aid

#### Blood Donation

A ham – sandwich and a cup of coffee were the stimulants served to those, who had given Blood at Oakland Naval Hospital. Feeling shakey after I gave some blood, I was munching mine slowly and sipping the coffee. Not so, the burly sailor, who sat beside me in the recovery room.

After wolfing the sandwich, he looked up at the St. John Ambulance officer and asked plaintively.

"I am still hungry, may I give another pint of blood?"

#### Misunderstood

- 'A St. John Ambulance Officer warded a brother officer, who had met with a serious motor accident, in a Hospital. After a few days, he paid a visit to the patient who was fast asleep with bandages all over. Getting anxious about his condition, he took the patient's pretty Nurse aside and asked her,
  - 'Do please give me the real low-down: Is the patient making any progress?'
  - 'No, none at all' replied the Nurse coyly, 'He is not of my type'

#### Unintentional

'John, a newly passed out First-Aider after months of courtship, thought that the time was ripe to put the momentous question to his colleague, a Nursing officer.

'Judith' he began thoughtfully, 'there are a lot of things that can't be said for a bachelor's life. But eventually there comes a time when a man requires the companionship of another being -- one who will look up to him.

will obey him with devotion and will follow him everywhere and will be at his side when needed. I require such a companionship now, Judith.

He was pleased to see a smile of understanding light her pretty face 'So' she said sweetly, 'What kind of Dog are you thinking of buying?'

#### Treatment

In a First Aid Post run in an out of the way place the Doctor asked the First Aider with Nursing qualifications.

·What happened to the patient in bed No. 4.'

F. A. NURS: 'She was running a high temp. 103 %, so I put her with the guy who has a cold to neutralise the fever.'

#### Right Action

Interviewing a new nurse a Doctor who was opening up Private Practice, asked her why she had left her last post.

Answering frankly she said,

'The son, an eligible bachelor, was backward; but his father was too forward.'

#### Drink Par Excellence

During world war II. an army Doctor in charge of a small Dispensary in a remote jungle village, was puzzled about the treatment to be given to one of his patients; so he radioed to the Base Hospital for instruction.'

'Have a case of Beri-Beri, what shall I do?' Obviously after some hurried consultaions came the reply, 'Give it to the Marines, they drink anything and will relish that stuff.'

During a First Aid course for girls, the question was asked, 'What would you do if a child swallows a house-key?'

The star pupil replied' I would climb in through the window.

#### Correct Diagnosis

Tom sought medical advise because he had 'popped eyes and a ringing noise inside his ears.'

A Doctor put him through many tests and suggested removal of his tonsils. Tom agreed. The operation brought no relief.

So he consulted another Doctor. He advised extracting all his teeth. Tom got a Dental Surgeon to pull out all his teeth: but the complaints persisted.

In desperation Tom went to a Specialist, who examined him thoroughly and pronounced his findings in a grave tone,

'You have got only 6 months more to live."

Tom tearfully trudged home and decided to treat himself. Let me enjoy life to the maximum before the 6 months took me to the grave.

He ordered a nev car and a liveried chaffeur for him to run about He purchased a few new suits and decided that his shirts should be made to order and went to a tailor-friend, who was a qualified First-Aider.

Shirt-maker: 'O Kay, Let me take your measurements' and dictated to his assistant,

'24" shirt sleeve-length, 16" collar.'

Tom: 'No, no' interrupted Tom, Collar-size 15"

Shirt-maker: 'No, Collar size 16", repeated the tailor.

Tom: 'Oh No, I have always worn collar 15" protested Tom.

Shirt-maker: 'Listen, I am warning you; if you wear a 15" collar you will get popped eyes and a ringing noise inside your ear.'

Tom saw stars.

#### Pass

A question in an examination of a group of First Aiders.

'What are the last teeth that appear in a person's mouth?'
False teeth' was the succinct reply from a raw recruit. He was given a Pass.

#### Recognition

Early in the War, Vice-Admiral Sir Lumley Lister was scheduled to inspect a Naval Air Station, where his 19 years' old daughter was serving as a Nursing Officer in the Nursing Divn. Before his arrival, there had been much speculation about what he would do when he saw her.

While inspecting, he passed down the ranks, came opposite her and paused. Yours is a known face?

'Your name' he growled, 'Lyster, Sir' she answered standing stiffly to attention.

'Ah, Yes' nodded the Admiral 'I remember meeting your mother about 20 years ago' and moved on.

#### Believe it or not

- 1. A Guinea Pig is not a pig nor does it come from Guinea.

  It is a rodent and comes from the western coast of South America.
- 2. A Steel-Yard is not a yard nor is it steel.

  It is a Regulator or Balance with unequal arms.
- 3. There is no soda in soda water. It is water charged with carbonic acid gas.
- 4. French beans do not come from Trance. They are grown in India.
- 5. The needle of the compass does not point exactly to the North Pole. The magnetic Pole is about 1500 miles south of the correct North Pole and approximately 97% west longitude.
- 6. Magdalena Strumarezuk of Tebelok. Russia had her breasts on her back. She was the mother of 3 children and nursed them normally.
- 7. Heinrich Nesto, an Austrian musician could play tunes on the piano with his tongue.
- 8. Shakespeare's daughter could not read or write.
- 9. The so-called four elements Fire, water, Earth & Air are not elements. They are compounds.
- Chou Kung, who invented the compass, had a swivel wrist on which he could turn his hand completely round.
- 11. Lellia Paulina, wife of Caesar Caligula, wore a dress valued at \$2,000,000 and a pearl necklace worth \$3,500,000.
- 12. Thomas Gray took 8 years to compose his famous poem "Elegy in a country Churchyard" He wrote and re-wrote it 76 times to produce it. In the British museum one can see his 75 drafts.

உலகிலுள்ள மொழிகள் சிலவற்றின் எழுத்துக்களின் எண்ணிக்கை தெரியுமா?

அரபு — 28; ஆங்கிலம் — 26: லத்தீன் — 20; இத்தாலி — 20; தாருக்கி — 26; சமஸ்கிருதம் 48; தமிழ் — 247; சீனம் — 214; பிரெஞ்சு — 26; ஜேர்மன் — 26; கிரேக்கம் — 22.

#### IMPUDENT MAN DEFIANTLY ADDRESSES GOD

"Thou dids't create night but I made the lamp
Thou dids't create clay. but I made the cup.
Thou dids't create the deserts, mountains and forests
I produced the orchards, gardens, groves and parks.
It is I who make the glass out of sand,
And it is I who turn a poison into an antidote.

- Poet Ibqal.

#### TRIUMPH OF THE MAN WHO ACTS

Nothing stays good unless you try to make it better. The best of anything was never yet discovered. Immortality is but an inkling of the best, only by improving everlastingly do we grow immortal. Work is a fascinating game when we treat it as a puzzle, whose solution is perfection.

#### DID YOU KNOW

- \* That sound travels approximately 1 mile in five seconds and light travels 186,325 miles during that time.
- \* That an inch of rain falling on an acre weighs 100 tons.
- \* That the light of the Sun takes about 8 minutes to reach the earth-
- \* That slow rivers flow at the rate of about 7 miles an hour.
- \* That a rifle-ball travels at the rate of nearly 1,000 miles an hour.

#### HEALTH

- 1. "As pleasure dwelleth with him who eats moderately,
  So disease abides with the glutton who eats voraciously."
- 2. "He will be afflicted with numerous maladies,
  Who eats immoderately, ignorant of the rules of Health."

#### **Definitions**

#### The successful Man

'That man is a success who has lived well, laughed often and loved much; who has gained the respect of intelligent men and the love of children; who has filled the niche and accomplished his task; who leaves the world better than he found it — whether by an improved poppy, a perfect poem or a life rescued, who never lacked appreciation of Earth's beauty or failed to express it; who looked for the best in others and gave the best he had.'

— Rob Louis Stevenson.

Cannibal One who is fed up with people.

- Domal Deen.

Loyalty. If you work for a man, in Heaven's name work for him, speak well of him and stand by the Institution he represents. An ounce of Loyalty is worth a pound of cleverness.

Gentleman. Within a social circle, of which one member is officially a subordinate of another, the superior. if he is a gentleman will never think of it, and the subordinate, if he is a gentleman will never forget it.

Kidnap. To steal clothes with a person inside.

Diplomacy. Diplomacy is the ability to take something and make the other fellow believe he is giving it away.

Mind. Of all things in the Universe, nothing is more intimately related to man and yet so remote to his understanding as the mind. It is the Instrument by which man has proved the mysteries of his existence and yet its nature still remains as the greatest of enigmas.

— Plato 5th Century B. C.

பிரமச்சாரி சாரியை கண்டால் பிரமிக்கும் ஓர் பிராணன்

பல்லி மூடரின் குருநாதர், அவர் சொல்மிக்க மந்திரம் இல்லே

வைத்தியசாலே பிழைபட்ட மனித இயந்திரத்தை திருத்தும் ஓர் களுச்.

Mini-Skirt புயல், காற்று சேட்டை விடாமல் தற்கால நாகரீக நங்கையர்கள் அணியும் ஓர் கவசம்

<sup>&</sup>quot;He who eats one meal a day is an ascetic,
He who eats twice is a hedonaut
He who eats three meals will suffer from disease,
While he who eats four times, already has one foot in his grave."

#### Nifty Number 9

The 9th month of the year is September with 9 letters. The 9th letter of the alphabet is I. The letter X placed after it makes IX the 9.

When the figures 1 to 9 are added you get 45 & 4 + 5 = 9.

When any number is multiplied by 9 the digits in the products always add up to 9 or a multiple of 9.

$$2 \times 9 = 18$$
 or  $1 + 8 = 9$   
 $3 \times 9 = 27$  ,,  $2 + 7 = 9$   
 $4 \times 9 = 36$  .,  $3 + 6 = 9$   
 $5 \times 9 = 45$  .,  $4 + 5 = 9$   
Etc.

#### Palindroamtic Figures

$$1 \times 9 \text{ Plus } 2 = 11$$
 $12 \times 9 \text{ ... } 3 = 111$ 
 $123 \times 9 \text{ ... } 4 = 1111$ 
 $1234 \times 9 \text{ ... } 5 = 111111$ 
 $12345 \times 9 \text{ ... } 6 = 1111111$ 
 $123456 \times 9 \text{ ... } 7 = 1111111$ 

Etc

#### Tit - Bits

When the moon is fullest it begins to wane,
When it is darkest it begins to grow. —CHINESE PROVERB

Here is a calm wisdom in this old saying that impressed me when I heard it first from a monk of a Buddhist monastery in China. It has often helped me to retain a good measure of equanimity under stress and hardship as well as when some unexpected success or good luck might have made me too exuberant. There is hope and consolation in the sure knowledge that even the darkest hours of pains and troubles won't last; but also a warning against over—rating the passing glories of wealth, power and great good forture. A warning and a hope not only for the individual but for governments, nations and their leaders, a brief summing up of all that history and human experience can tell us. And beyond all that we might hear in it an echo of the law and order that holds our universe in safe balance.

A woman with a commanding air told Lincoln: "Mr. President, you must give a colonel's commission for my son. Sir, I demand it, not as a favour, but as a right. ir, my grandfather fought at Lexington. Sir, my uncle was the only man that did not run away at Bladensburg. Sir, my father fought at New Orleans, and my husband was killed at Montercy."

"I guess, madam," said Lincoln, "your family has done enough for the country. It is time to give somebody else a chance."

#### RELATIVELY SPEAKING

On the death of U. S. Senator Richard Neuberger last year, Lusk was appointed to finish out Neuberger's term. "When a representativ of the Governor offered me the job," Lusk said "I decided I'd better phone my wife to see how she felt about it. I asked her, 'How'd you like to be the wife of a United States Senator?' She thought about it a minute and then asked, which one?"

x x x x

Just after his election as U. S President in 1912, Woodrow Wilson visited an aunt who was almost deaf. She asked him how he was now employed, and he bellowed into her ear trumpet that he was now the President.

"Of what?" enquired the old lady.

"f the U.S. A.," Wilson shouted back.

The aunt closed the discussion by snorting, "Don't talk nonsense"

- B. C.

#### HOW TIMES HAVE CHANGED

I can recall as a newspaper reporter in 1912 covering the police court trials of women arrested for smoking cigarettes, for shopping without their corsets on, for appearing on bathing beaches without stockings. for wearing shorts or slacks. for sitting alone in a cafe, for putting too much paint on their faces or cutting their hair too short.

I actually covered the trials of such defendants, including another I hesitate to mention, so preposterous does it seem today. But I was there in the Chicago Avenue police court to report the following newsworthy event. In alighting from a street car a young woman had revealed an expanse of leg that had fired the civic wrath of an onlooker, a secondary school headmaster. Forthwith he had summoned a policeman, gathered witnesses and filed a complaint. The next day he stood by triumphantly to see the culprit fined 10 dollars for indecent exposure.

And today no woman is satisfied unless she could expose her mid-riff!

Tlmes have so changed now that the trenagers want mini - skirts!

#### THE ETERNAL QUERY?

Who is it that decks each flower and tree With radiant hues resplendent beauty? Shapes into countless forms all we see Of animate life and sky and sea? Oh Thou, whose genius all worlds acclaim Unrivalled Artist! hast Thou no name?

Oh countless the worlds that move thro' space Whose is the hand that holds them in place? What is that magic, no science can teach? What that mystery, no knowledge can reach? In wonder we gaze at all we see, What art Thou, Unscrutable Mystery?

Whose fingers tune this rhythm of life, Echoing thro' aeons 'midst joy and strife? Whose, the silent voice that bids us rise And reach the bliss beyond the skies? Thou to whom all universe doth bow, Maker Supreme! where oh! where art Thou?

#### THANKS

We say a "big "Thank you"

to

- (1) All the generous Mercantile Firms that obliged us with Advertisements and thereby helped us to publish this Brochure,
- (2) the Donors of Trophies, and cups,
- (3) the Doctors for sacrificing their leisure time and delivering lectures in First Aid, examining pupils and for officiating as Judges in competitions,
- (4) the Mayor for giving us the free use of the stadium for our Parade,
- (5) The Rev. Mother Principals of Convent Schools for obliging us with their College Bands.
- (6) and all others who directly or indirectly helped the growth of the movement.



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உங்கள் அன்புக்குரியவர்களுக்கு நீங்கள் செலுத்தும் பூரண அஞ்சலி

# ஏ. எப். டேமண்ட்

ஈமக் கிரியை ஏற்பாடுகள்

புகழ் வாய்ந்த, மரியாதையான, பாதுகாப்பான ஈமக் கிரியைச் சேவை இப்பொழுது யாழ்ப்பாணத்தில் கிடைக்கிறது.

147, பிரதான வீதி யாழ்ப்பாணம். (சுண்டிக்குளி சந்தியிலிருந்து 50 யார் தூரம்)

- இரவு பகல் எந்நேரமும் கிடைக்கும் சேவை.
- 🌑 பண வசதிக்கு ஏற்ற பிரேதப் பெட்டிகள்.
- 🖢 நவீன பாடை வாகனம்.
- 🚱 பூதவுடுவச் சிறந்த முறையில் பாதுகாத்தல்.

் புதைகுறில் பிரேதப் பெட்டியைச் சுயமாக இறக்கும் கருவி

அழ்கான சமா இதன்.

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