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STRANGE SECRETS OF YOGA

FOUR LAMAS OF TIBET WHO PRACTICE AMAZING YOGA EXERCISES

BY F. YEATS-BROWN

(Major Yeats-Brown, the famous author, who has been described as knowing more about Yoga than any other European, tells below of his own experiences in Tibet.)

In this weather I wish I knew how the magicians of Tibet manage to sit naked in the snow throughout the night, keeping themselves warm by breathings and by internal abdominal movements taught only to the high initiates of lamaseries.

Dr. Cannon writes of these things in his recent book, but his explanations seem to me entirely unsatisfactory.

Not that I can explain the phenomena produced by Indian and Tibetan magicians.

I do not know how they can overcome physical fatigue so that, with a curious, wolf-like lope, they can run for more than 100 miles without stopping.

Nor how they can conquer gravitation so that they have been seen to rise in the air with no support between them and the leopard-kin on which they have been sitting cross-legged.

Nor how they can swallow lethal doses of poison without hurting themselves. Nor how they can pass at will into a trance which closely resembles death, with heart and lungs at a standstill.

These are well-attested facts, vouched for by credible witnesses.

What I Saw

I have seen three of these mysteries with my own eyes, and although I cannot explain them I can, at least, suggest certain lines on which scientific research might throw light on them.

Light which would help many of our nervous sufferers in the West, distraught as we all are by the noise and pace of our mechanical civilisation; for the discipline of Yoga, once adapted to the West might bring us peace, heart's-ease, contentment.

The East has knowledge about the two nervous systems of the human body (the cerebro spinal and the sympathetic) which we do not yet possess.

Some of this Eastern wisdom might be of use to us, if we went the right way about studying it.

Other secrets will, perhaps, remain for ever as unfathomable as the springs of life itself.

Let us consider some of the simpler Yoga exercises which I have myself experienced.

I cannot sit naked in the snow with any comfort, nor can I levitate, but the beginnings of these things are within the reach of any young and healthy person of either sex who gives the time and trouble necessary to master certain unconscious mecha-

nisms of the body.

With regard to levitation, the vagus nerve plays a part: all I can say about it is that (given a sound heart, such as I possessed) I used to be able to alter my weight by as much as 16 ounces avoirdupois by mere control of breathing.

Certain breathings set up strange vibrations, beginning with the teeth and ending with the toe nail: weight is largely a matter of vibration.

Then I can warm myself by the *kundalini mudra*, or the serpent twist. It is rather like the "rumba" dance, but performed alone, seated.

How to Breathe

There are also various breathings which kindle bodily heat: for instance, if you observe what is known as the 1-4-2 rhythm (that is, inhale through the left nostril for five seconds, retain the breath for forty seconds, exhale through the right nostril for ten seconds, then inhale through the same nostril for five seconds, and so on) you will experience a tingling at the toes and fingertips, followed by a pleasant glow of warmth.

Fantastic, absurd, incredible, you say? Well, try it.

But no, be careful. If you are interested in these things you must begin at the beginning, which will mean going to India, (for there is no one here who can teach you), and you must approach the breathing exercises by logical steps.

Otherwise you are in the position of some one fooling with a power plug: you are liable to come in contact with a current which will give you a nasty shock.

Yoga exercises are not suited to the town dwellers of Europe. I will not teach those exercises, nor can I advise concerning them; yet I do believe that, studied by persons with special training, they may reveal information which our doctors will never be able to obtain in other ways.

Instead of experimenting on rats and guinea pigs, the research workers of the East have been studying the brains and bodies of living disciples for many centuries.

Two thousand years of secret knowledge awaits the key that will unlock it.

Many European and American books have been written, for instance, about the heating arrangements of the body, but as far as I know not a single doctor has studied the subject from its Eastern angle.

Yet what a wealth of curious knowledge awaits the patient seeker! Those lamas, bare to the buff on the bleak uplands of Tibet during the coldest nights of any habitable region on the globe, do not keep warm by magic.

Magie is all my eye and Betty Martin: a name for what we do not understand.

The Trance

Resurrection of the "dead" is a fairly common exercise in Indian magic. I have seen it done twice. The adept undergoes twenty four hours of secret preparation, which

PREACHING CHRIST TO HINDUS

From Hindu Stand-Point

THE BEST METHOD

Tamil X'ian Ladies For Evangelistic Work

The best method of preaching Christ to non-Christians, especially Hindus, formed one of the important subjects considered at the annual District Synod of the North Ceylon Methodists held at Batticaloa last week.

Several members spoke on the evangelistic campaign held last year, mentioning chiefly the results of that movement.

The Secretary (Rev. G. E. Jessop) referred to the remarkable achievement through this campaign among the students of the Batticaloa Central College, some of whom were going to bear open testimony at a subsequent evening meeting of the young people.

Preach From Hindu Standpoint

Two ladies observed that the successful method of reaching the outsiders was to go out to them, which also would mean the improving and deepening of their own lives. This they said from what they had observed in the campaign, while conducting drawing-room meetings which were attended by Hindu women who would not have heard the Gospel Message otherwise.

A Tamil lady remarked that the ladies of her community realised that it was now their task to take the Gospel of Christ to their non-Christian sisters, without leaving it entirely to the European lady Missionaries.

Another member was convinced that the best method of preaching Christ to the Hindus was from the standpoint of their own (Hindu) religion. This he said from his own experience during the campaign, when outsiders had been reached with success.

Two Vacancies In Railway Accountant's Department

RETIREMENT OF ASSISTANT ACCOUNTANT

Mr. B. Abeywardene, Assistant Accountant, C. G. R., has retired.

There are now two vacancies in the Accountant's Department, the post of Deputy Accountant being unfilled for a considerable time

consists in purgation, fasting, and swallowing air.

Before the trance state is induced, the adept is in a state of oxygen intoxication. Then, by pressing his carotid arteries he passes into unconsciousness.

His disciples "bury" him.

On one of the occasions when I was present the adept remained thus for an hour, on the other occasion he remained in the death-trance for only fifteen minutes.

Doctors who examined the "corpse" stated that there was no sign of life.

(Continued on Page 4.)

A SHORT STORY

THE MAGICIAN'S BETROTHAL

BY S. R. Muttukumaru

(Special to the "HINDU ORGAN")

[The following is a continuation of the extract from the old preserved in the Jaffna Kachcheri. The first portion dealing with the invitation of Thambinather Perinpanayagam into the mysteries of Indian Necromancy was published in the "Hindu Organ" of 18-12-1933. S. R. M.]

When I joined the Wesleyan School in 1814, Segarajasingam, a neighbour of mine, was the first to welcome me. His father was the Rural Constable of the Jaffna parish. Though he was six years older, he and I were very good comrades. We studied together and played together, and much appreciated each other's company. I was a constant visitor at the residence of his parents, who received me always with warmth and affection. I was almost a second son to them. Many a time I accompanied my friend's mother to the Pillaiyar temple at Villoondi. Her regular visits on Tuesdays and Fridays were very strange to me.

I enquired from my friend the object of his mother's devotion. He told me in confidence that he was the only son, and that his parents had no other children for sixteen years. This they considered to be a real misfortune. His mother's desire was to have a daughter; and her prayer at the temple was to realize this fond object. Before a year passed, she gave birth to a girl, who was given the name of Thangamma on account of her golden complexion.

I had neither brothers nor sisters; and the moment I saw the tiny thing, my heart went out to her. I watched her grow, and was always her affectionate brother. Segarajasingam and his parents encouraged attentions, and we were thrown very much together. I taught her the alphabet when she was five years old, and she soon mastered the art of reading and writing. She was never so happy as when she was rowing my canoe in the Jaffna lagoon with me by her side. Happy were the years we spent in each other's company, till she attained the age of puberty.

In accordance with the custom of the country, she was not allowed to appear in public; and since that event I had not seen her for two long years. One day I was at the house of Segarajasingam, and feeling thirsty went over to the well to quench my thirst. There before me I beheld the vision of a beautiful young woman. I blinked and stared at her, and she smiled at my plight. I now understood who she was. She was Thangamma, my playmate. Her complexion, as her name implied, vied with the purest gold; her hair was raven black; her forehead shamed the crescent moon; her eyebrows resembled the bows of an archer; her eyes were like blue lotus flowers; her teeth were like pearls; her lips were red as coral; and her waist was as slender as a streak of lightning. Before I could recover myself, she had flown away

like a frightened bird; and I fell in love.

The course of true love never ran smooth; and the evil genius soon appeared on the scene. The second clerk of the local Kachcheri had been transferred to a malarial outstation, and Jaffna saw him depart with sinking heart and glistening eyes. His successor was one P. Mayilvaganam of Puloly, an alumni of the Batticaloa Seminary. I cannot say in what frame of mind he arrived here; most probably he was feeling like entering paradise. He was a tall young man of striking dimension. He had his hair cropped and his moustache twirled and wore a snow white turban. All matrons having marriageable daughters were put to unusual excitement. Was the new comer a married man or a bachelor; was he a high caste man or a low caste man? Speculation ran very high.

Mayilvaganam made friends all around him; and being a man with an eye to business, was more friendly with the Town constable than with anyone else. I visited Segarajasingam, I found the Puloly man enjoying the hospitality of his parents. At first sight I attributed this to official influence; but later I learned to my poignant grief that the man was making overtures to the girl I loved. I felt that I was being neglected not only by the constable and his wife, but even by Segarajasingam, my dear friend. My heart was heavy; and for the first time in my life I muttered a prayer, which was of no avail.

Wise men say that desire has no shame. My love for the girl made me stoop to many a lowly act. I visited my rival three times in succession, and begged of him to give up my girl. The more I begged, the more stubborn he grew, until at last he refused to see me any more. As a last resort I sent my washer woman to the girl I love to intercede on my behalf; but to my dismal grief she was turned out of the house by the girl herself. This was the unkindest cut of all; and my love for her turned into bitter hatred. I clenched my teeth and shook my fist, and swore vengeance on them all.

The wedding preparations at the constable's residence were on a very grand scale, and the ceremony itself was to be of an unparalleled magnificence. The auspicious time had almost come, and the mid night strains of the Hindu Nagaswani and the local Portuguese band were alternately floating past my unwilling ears. I was then at the old Dutch cemetery busy with my magic incantations. A few hours passed, and not a sound was heard; and I presumed that all had gone to bed after a weary day.

I then assumed the *Mohini Rupa* (the form of Mohini, the loveliest of the four celestial dancing girls attached to the Court of India, the Emperor of the Gods), walked up to the wedding house, and sang the famous *Kalyani Raga* (love-provoking melody). In a few seconds Mayilvaganam came out of the room; and his wife, finding that her husband was going out somewhere, pluckily followed him. The man saw me as the handsomest dancing girl ever born on earth, but not the woman, for I had not permitted her to do so.

I turned round and slowly walked away. The husband began to follow

(Continued on Page 3)

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(Mis. 174, 25-12-33-24-134)

Order Nisi

IN THE DISTRICT COURT OF JAFFNA.
 Testamentary Jurisdiction No. 8451
 In the matter of the Intestate estate of the late Sinniah Nadarajah of Colombogam

Deceased, Sanmugam Appakkuddy Vettivela of Colombogam
 Petitioner.
 Vs.
 1. Nadarajah Sivapakkiam
 2. Nadarajah Kumaraswamy
 3. Nadarajah Jayaretnam and
 5. Nadarajah Annalakshmi widow of the late Sinniah Nadarajah all of Colombogam
 Respondents.

This matter coming on for disposal before C. Coomaraswamy Esquire, District Judge, Jaffna on the 1st day of December 1933 in the presence of Mr. Sanmugam Appakkuddy Nalliah, Proctor for petitioner and the affidavit of the Petitioner dated the 12th day of November 1933 having been read;

It is ordered that the Petitioner be declared entitled to have Letters of Administration to the estate of the abovementioned deceased as his brother-in-law and that such letters be issued to him, unless the Respondents abovenamed or any others shall on or before the 26th day of January 1934 shew sufficient cause to the satisfaction of this Court to the contrary.

This 15th day of December 1934.
 Sgd. C. Coomaraswamy,
 District Judge.
 O. 34. 18 & 22.



Hindu Organ

MONDAY, JANUARY 22, 1934.

AN IMPORTANT FULL BENCH DECISION.

THE RECENT JUDGMENT OF A Divisional Bench of the Supreme Court in AVICHETTY Vs. RASAMMA (No. 13616. D. C. Kurunegela) is not likely to be regarded as satisfactory either by the profession or the public. It strikes at the root of one of the cardinal principles governing the Matrimonial rights of the Tamils under the *Thesavalamai*. The *Cheedanum* (dowry) of a married woman under the *Thesavalamai* has been from the earliest times held to be her separate property and beyond the reach of her husband's creditors. By the application of the equitable doctrine of the dowry did not change by any

property. Where a woman was given a cash dowry and she and her husband invested the money in purchasing a house, the law regarded the house as wife's dowry property; and conversely, where a land included in the dowry was sold and converted into money, the character of dowry attached to the money. Once a dowry always a dowry seems to be the principle. We do not think that the zeal to amend the *Thesavalamai* extended to the abolition of the distinction between *Cheedanum* and *Thediathetam*. The Jaffna Matrimonial Rights and Inheritance Ordinance 1911 introduced certain welcome changes and repealed some obnoxious features in the old *Thesavalamai* but we venture to think that neither the legislature nor the people contemplated such far-reaching changes as the judgment in question leads to.

In this case, the plaintiff who holds a decree against a deceased husband sues the widow for a declaration that the property purchased by her with her dowry money during the life-time of her husband is liable to be seized and sold in execution of his decree. Under the old *Thesavalamai* and in the light of judicial pronouncements made on the relevant sections of the new Ordinance there cannot be any doubt that such property is deemed to be the separate property of the wife. But say Their Lordships in the judgment, "KANAGASABAI and RASAMMA were natives of Jaffna to whom the customary law known as the *Thesavalamai* applied. They were married on September 10, 1919, after Ordinance 1 of 1911 came into operation. Their matrimonial rights must, therefore, be ascertained in accordance with the provision of that Ordinance. These premises were clearly acquired during the subsistence of the marriage since KANAGASABAI died in May 1926, nearly two years after the acquisition. But it has been found as a fact that the sum of Rs. 25,000 being the consideration for the transfer was paid by RASAMMA out of money which formed part of her separate estate, that money being the cash dowry which was given to her by her parents." In the result, the Court held, dissenting from an earlier judgment of SAMPAYO and SCHNEIDER J. J. (22. N. L. R. 198) that the premises were liable in execution proceedings for the debts incurred by RASAMMA's deceased husband. The reasoning of Their Lordships is based on a strict interpretation of Section 11 of Ordinance 1 of 1911 which defines the classes of property called "*Thediathetam*". The judgment ignores the strict implications of the Tamil word, *Thediathetam*, which its English equivalent scarcely conveys. Even a layman knows that *Thediathetam* is applicable only to property resulting from the efforts, labour or skill of the party or parties concerned and excludes property acquired by way of *Modisum*, *Urumai* or dowry. The amendment to the old *Thesavalamai* did no more than bring into the community the profits arising from the separate property of the spouses. If the present decision is allowed to stand, it will enable the husband of a deceased wife to claim by inheritance a share of her dowry money if the same had been invested in the purchase of land during the subsistence of the marriage.

So long as the profession and the public were content to accept as authoritative the interpretation placed on the word *Thediathetam* by Their Lordships

of the Supreme Court in the case reported in 22. N. L. R. p. 198, there was no necessity to move for an amendment of the section to include a more explicit definition of the term, *Thediathetam*, so as to secure immunity for dowry property even though its character had changed by sale or purchase. Now that the Supreme Court has, upon a strict construction of the section, brought out clearly the implications of the rather slovenly definition in the section in question, it is the duty of the legislature to intervene and introduce the necessary amendment. We have no doubt that the judgment of the Supreme Court will go before the Privy Council in appeal and with what result it is not difficult to guess. If the judgment is allowed to stand, it will create not a little confusion and heart-burning among spouses married under the *Thesavalamai*. As the matter is a very import one affecting suits of frequent occurrence in the country, we trust the local Bar Association will take up the matter with the Attorney-General and press for the immediate amendment of the Ordinance.

The proceedings of the annual District Synod of the North-Ceylon Methodists should make interesting reading to non-Christians. The Synod seriously discussed the method of preaching Christ to non-Christians, especially Hindus. We wonder if those who participated in the discussion ever paused to ask themselves the question—who needed Christ most, Christians or non-Christians? Why should our Christian friends want to preach to non-Christians, instead of first understanding Christ themselves and living the life their Saviour has enjoined on them. Instead of converting non-Christians to their faith, these people who are itching to preach Christ to others, would do well first to convert themselves to the Christianity which Jesus preached. Hindus, on their part, have a religion which, without the Christ of these preachers, has saved, saves and can save, the souls of Hindus. The frog-in-the-well conception of things religious, at this time of the day, is really ridiculous. These abridged editions of Christ would do well to ponder over the advice Mahatma Gandhi has time and again given to proselytising Missionaries: let them show Christ in their lives, that is the best method of preaching Christ to others. We are in entire agreement with Mr. WILL ROGERS, who says: "If you send somebody to teach somebody, be sure that the system you are teaching is better than the system they are practising. Some think it is, some think it ain't. A difference of opinion is what makes horse-racing and Missionaries possible."

Fatal Motor Accident

CAR DASHES INTO COMPOUND AND KILLS WOMAN

A fatal motor accident which resulted in the death of a woman, occurred at Mallakam on Thursday evening.

The car belonging to Mr. V. A. Somasundaram, Pensioner of Thadateru, while going along Kankesanturai Road, it is said, somehow dashed against a fence and breaking through it into a compound, ran over a woman and seriously injured her. The woman expired on her way to the hospital.

In Retrospect

BY S. A. N.

"The Truth severe, by fairy fiction dressed"

The year 1933 too circled round the centre of unrest. There was unrest right throughout the world. The Spanish republics of America have long been centres of exciting events. The last year was no exception in their case. Cuba provided the most exciting spectacle. The rise and fall of Presidents there was a daily feature. It was as tragic and dramatic as the cause for it was insidious and inhuman. The United States of America claims "vested interests" there. Under the cover of vested interests the American business-men with the active support of their home Government play the very devil. The South American republics too are set boiling from time to time. It is all due in a large measure to the foreign capitalists whose hole and corner manipulations upset the balance. South America is the happy hunting-ground of European and American adventurers on a foot-hold secured by courteous and uncanny negotiations, their rapacity builds up a kingdom of trade which is often in the nature of a parallel government giving not a little trouble to the native inhabitants and their rulers. All unrest in any part of the world proves to be of economic origin in the final analysis. The peace and prosperity in the South American republics is really due to the unscrupulous exploitation of the countries by big foreign commercial combines who have abused the courtesy of permission for honest trade.

In The U. S. A.

In the United States of America itself the year that has just been rung out did not yield any tangible and tenable result although Roosevelt attempted with a show of success a big drive. The several pieces of legislation Roosevelt has placed in the Statute book are tremendous in number and plausible in their purpose, but the outcome of it all is nothing commensurate with the big rattle he has made. His inflation of currency, the artificial appreciation of commodity values, the farmers' aid bills and a host of other devices have not carried the country far from where he assumed office. The unemployment figures show no substantial improvement. Social security is not yet immune from the dangers of gangdom. It was after he assumed office, some two months ago, that the most atrocious lynching took place in a purlieu of New York. The highly advertised prohibition of America has ceased to be after an experiment spread over twenty five years. It needs no statistician to tell us that the experiment has been an ignominious failure. Those who have read Mr. Spender's book on America will have gained an idea of how the Prohibition Scheme was working and how the "speak-easies" (the illicit booths) carried on roaring trade and how the law was frustrated in its operation. Now, Roosevelt is not a prohibitionist and what he will do in respect of liquor trade and traffic the year 1934 may reveal.

Conflict in Europe

Looking at Europe could anybody say with authority of facts behind him that the relations between the powers are an improvement upon what they were a year ago? It would be more proper to ask, can the relations between the European powers ever be cordial and correct? The age-long conflict ever continues to be bitter, for the simple reason that each nation tries to get more of the fat of the world than the other. To secure that end each employs its cordage of cunning and casuistry and thus the atmosphere is perpetually charged with mistrust and distrust and consequent loss of hope and faith. All is unsteady where faith fails. The League of Nations on which great hope was founded, has been reduced to the pitiable position of a costly toy which impresses nobody. During the year that has passed by Germany walked out and Sir John Simon's legal cuteness has failed to reassure Hitler whose rigorous and ruthless dictatorship has astonished and agitated the entire world into the mood of sit-up,

and watch. The French continue to beware of Germany and it is the overbeaten imagination of France that eventuated the walk-out of Germany. The League has suffered severe losses of prestige and authority. In response to coings to rejoin the League the Japanese Government wrote to say that they would on conditions that the League would devote its energies and resources to "cultural pursuits". That gives a measure of the situation, all the broils in the League meets' revolved round disarmament. How can there be any harmony of opinion when each rogue tries to outwit the other. On the rock of disarmament the League of Nations has foundered. Salvage works are proceeding apace through the services of chiefly Sir John Simon and success is highly problematical.

Smooth sailing in Italy

Italy goes full steam ahead under the Duce. Though civic liberty of the people is curtailed a great deal, all seems to go well there. No event of outstanding importance took place save and except the mass marriages, promoted by Mussolini. The Soviet Republic of Russia is enthusiastic itself in working the second instalment of five-years' plan. It is a great and novel experiment and the whole world is interested in the elaboration of a new social economy. Spain has been in the throes of a revolution and towards the close of the year the turbulent elements had another innings of crime. It may be sometime before Spain settles down to an even tenure of republican government. Meanwhile King Alfonso seeks relief in globe-trotting. In the Balkans and the small republics of erstwhile Austria Hungary nothing of importance happened beyond an attempt on the life of Dollfus the Prime Minister of Austria.

India, Ireland and Ceylon

In the British Empire the stage has been full of thrills. De Valera and Gandhi continued to rivet the attention of the world. The crises in Newfoundland, Malta Cyprus, and the incident connected with a Native Chief in Africa, were important and interesting; and far more interesting were the labours of the national government in England in trying to give effect to the Ottawa trade pact and in the unending deliberations of the Joint Parliamentary Committee on Indian reforms. The unsettled position of inter-imperial trade vis a vis the Ottawa agreements, political unrest in various parts of the Empire in varying stages of development notwithstanding the "a change for the better" descriptions supplied by official communiques and the utter blank and gloom that screens the future, provide space for the free flights of imagination. India has been disconsolate for years and Ceylon is gradually working herself into a similar mood though some of her "leaders" are in a sinking frame of mind to betray her for 'bloody' silver and bits of ribbon. The travail of a people in moulding themselves into a nation is a glorious sight. It is a great event. The British rulers do not see, or seeing it ignore, the grandeur of it. In the words of Oscar Wilde great events can be seen only by those who are on a level with them. The Conservative hard heads who form the majority in the cabinet of the National Government are so unimaginative that our wails possess no music for them. But then we have our own croakers who would a woeing go in "the triumph of their sweet persuasive lyre." The Memorandum of reforms submitted by our Board of Ministers will not pull down the heavens. But the croakers think, and make no secret of it, that it will. Hence the trouble. The British ruler makes the most of the differences between one party and another. Another cry has been raised for nomination by the communal obscurantists. They in their limited vision piously think that salvation of the Tamils can come only through Council-entry. Let me remind them of the lives of Emerson that

"Not gold but only men can make
 A people great and strong—
 Men who, for truth and honour's sake
 Stand fast and suffer long."

In closing this brief survey of world events in bare outline I wish to observe that I have not touched on some of them, notably the strained relations between China and Japan, the bloodless revolution that has broad-based the constitution in Siam; and the civil strife in Afghanistan which culminated in the association of Nadir Sha,

CRIMINAL BREACH OF TRUST

Rs. 11,000 Lost In Transit

KANAKKAPULLE & ANOTHER CHARGED

Absconding Accused Surrenders

A sum of Rs. 11,000 is involved in a case of alleged criminal breach of trust on the part of a *Kanakkapulle* employed by the well-known firm of Mr. Abdul Hussein Jafferjee who has an extensive business in Jaffna and Colombo.

Non-summary proceedings were recorded on Thursday by Mr. N. Moonesinghe, Police Magistrate, Jaffna in the case in which Sub-Inspector V. S. Philipphai of the Jaffna Police charged one *Dharmaperumalpillai Arunasalampillai*, a *kanakkapulle* and another man *Gunaratnam Chetty* of Grandbazaar, the first with being employed as a servant under Mr. Abdul Hussein Jafferjee of Colombo having committed criminal breach of trust of cash Rs. 11,000 entrusted to him and the second accused with aiding and abetting the first accused.

Mr. V. Joseph instructed by Mr. T. N. Subbiah appeared for the 1st. accused. The 2nd. accused was reported to be absconding in India.

Money Under Arm pit

Kandiah Navaratnam of Chetty Street giving evidence said that on the 2nd January at about 6 or 6:30 p.m. he was going to Velantheru with *Sinnathurai* when he saw a car halted opposite *Mannaperumal's* house and in that car he saw the 1st and 2nd accused seated. Later the 1st accused got down from the car and he saw a bundle of notes under his right arm pit. As he got down from the car the shawl covering the body went to a side and he (witness) was able to see the bundle of notes tied with white twine. After the 1st accused got down 2nd accused *Gunaratnam Chetty* also got down and went to *Mannaperumal's* house. He knew that the 1st accused was Mr. Abdul Hussein Jafferjee's *kanakkapulle*. After the incident the 2nd accused had gone away to India.

Murugappah Chetty Sinnathurai who accompanied the above witness gave evidence corroborating the above witness.

Was in Charge of Money

S Gomadynayagampillai who was in remand then gave evidence. He said that he was a *Kanakkapulle* under Mr. Abdul Hussein Jafferjee on a salary Rs. 60/- and the 1st accused was his head *Kanakkapulle* and was in charge of the Cash of the firm. On the 2nd morning at about 4 a.m. the 1st accused woke him up and told him that he had to take a large sum of money to Colombo that morning by train. The 1st accused then gave him 29 bundles containing Rs. 1000/- in each bundle, Rs. 670/- in notes and a cheque for Rs. 330/- all amounting to Rs. 30,000/- He (witness) took charge of the money and locked it in a box, took the key and went to take his morning tea. After half an hour he returned. The 1st accused took him in a car with the box to the Jaffna Railway Station and bought him a return second class ticket and put him in a second class compartment with the box. Four or five people were travelling with him in the train. He did not open the box while travelling in the train. He reached *Maradana* at 6.55 p.m. and *Paramasivampillai* the accountant of the Colombo Branch met him at the Railway station and took him to the head office at Bankshall Street. In his presence the box was opened and eleven bundles of Rs. 1000 each were missing. *Jefferjee* and the crime police were informed. He used to take large sums of money from Jaffna for the last four or five years. Twice a month or once a month he

Christian Marriage and Auspicious Days

"FALLACY OF SUPERSTITIOUS BELIEFS"

Methodist Synod's Concern

That ministers and leaders of the Methodist Mission should strengthen the members of their Church to challenge the fallacy of auspicious days for Christian marriages, was the recommendation of the annual District Synod of the North Ceylon Methodists held last week at Batticaloa.

A report of the proceedings of the Synod states that a discussion took place on the holiday of Christian marriage on auspicious days. The Synod made no ruling, but recommended that Ministers and leaders should educate the members out of superstitious beliefs, and strengthen them to challenge the fallacy that one day was better than the other.

TAMIL LOVERS!

What is your tribute to the Memory of SINNATHAMBY PULAVAR "Than which man a grander or a greater Not till this day has been of woman born".

used to take Rs. 35000/- to Rs.60000/- and so far there was no complaint against him. Two people travelled in the compartment up to *Maradana*. In the train he went to the latrine for about eight minutes. He kept the box under the seat. Two keys were handed to him by the 1st accused and he locked the padlock himself.

Evidence of 1st Accused

The 1st accused was charged and he pleaded not guilty and made a statement. In his statement he said that the 30000/- was counted and given to *Gomadynayagampillai*, who locked the money in the box. It was after *Gomadynayagampillai* took the morning tea that he counted and gave the money to him. There was some delay for the car to come and *Gomadynayagampillai* was seated in front of the cash box and waited for the car. *Gomadynayagampillai* asked him for Rs. 30/- which he usually remits to India and he opened the safe and gave him Rs. 25/- odd as he had previously taken 31/- odd. Then the car came and *Gomadynayagampillai* took the box and got into the car which was driven to the Railway Station where he booked a ticket and put him in the train. He did not open the box or take any money from it.

Mr. Joseph moved for bail on behalf of the 1st accused, and Sub-Inspector Philipphai moved heavy bail. Further hearing was postponed for the 25th January. The accused was allowed in bail Rs. 12000/-

Inspector Fernando moved that *Gomadynayagampillai* may be remanded for another week as he had instructions from the C. I. D. The Magistrate remanded him till the 25th.

2nd Accused Surrenders

The second accused, *Gunaratnam Chetty*, who was reported to be absconding in India, surrendered before Mr. Simon Rodrigo, Additional Police Magistrate, on Saturday. Mr. V. Joseph instructed by Mr. J. F. Ponnambalam appeared for the accused and moved for bail which was allowed in a sum of Rs. 5000/-.

Ceylon Money for Ceylon

CASH INSURANCE BANK Ltd.

Branch Opened in Jaffna

The Jaffna branch of the Cash Insurance Bank was opened at Grandbazaar, Jaffna on the *Kanakesanturai* Road at the auspicious hour, 8 a. m. on Saturday the 20th instant.

A large gathering was present, and Mr. S. Rajaratnam Advocate declaring the firm open said that they were all assembled there to wish God-speed to a movement which had helped the rich and poor alike in India. The necessity for a bank of the type that was being opened that day was felt in Jaffna for a long time. It appeared that that Bank was meant to give credit facilities in small amounts and also encourage thrift by receiving small deposits. That Bank had given security to the Bengal Government for the safe conduct of its business. It was likely that it would soon start an industrial section also. That would mean that a great part of the income of the Bank would remain in Ceylon itself. He also understood that the Bank would make use of all the money received in Ceylon in this country itself, besides bringing some capital from India. The company has been well-spoken of by the *Calcutta* press and it showed that the management was sound. He asked the audience to wish success to the venture.

Mr. A. R. Puri, the representative of the Managing Agent, said that it was the increasing prosperity of their concern in India and the popularity of their various thrift schemes among the masses in general that encouraged them to extend their business in Ceylon. When they opened a branch at Colombo at the beginning of December last they little expected that they would be so soon progressing in the Island. It gave him great pleasure to say that the friendly response given by the public had encouraged them to open another branch in Jaffna. When they opened their Industrial section not only Ceylon money would be utilised in Ceylon but also Ceylon labour would be employed in Ceylon. That would give rise to a spirit of business enterprise and love of labour and industry as it was now the case in India. Meanwhile he expected to have the full co-operation of Jaffna. He could not help saying that any business concern, the foundations of which were laid on sound principles of mutual welfare was bound to be a success. Their scheme of thrift and insurance was proving a boon to the poor and middle class people. By and by he hoped that branches would be opened at *Kandy* and *Galle*. In conclusion the speaker thanked Mr. Rajaratnam and those present for the support given to the Bank.

Mr. T. Sinnathamby, the local manager of the branch, entertained the audience to tea.

Kala Nilayam

TIRUKKURAL CLASS

A Tirukkural Class is being conducted at the *Kala Nilayam* by *Swami Rudrakotiswara*, since last Saturday. The class will be held on Saturdays and already about ten members have joined the class.

Two Distinguished Old Boys of J. H. C.

Dr. K. Sivapragasam M. Sc., Ph. D. who recently returned from England after completing his studies there, and Mr. M. A. Azeed B. A. (Hons.), who recently passed the B. A. (Hons.) examination and has won the Government Scholarship—both Old Boys of the Jaffna Hindu College—were entertained at a College function, by the staff and students of the College last week.

CEYLON CIVIL SERVICE EXAMINATION, 1934

Seven Vacancies To Be Filled

The regulations, syllabus and form of application for the Ceylon Civil Service Examination to be held in July and August, 1934, are published in the latest Government Gazette.

It is expected that the number of vacancies to be filled from the examination held concurrently in London and Colombo will be seven.

The upper age-limit for this examination only, has been raised from 24 to 25.

A proviso states that in no circumstances will more than 3 appointments be awarded to candidates who attain the age of 24 on or before August 1, 1934.

More Candidates Than Last Year

LONDON MATRICULATION EXAMINATION

Entries for the London Matriculation examination held in Ceylon this month numbered 845 entries as against 842 in January 1933, and 645 in June last. The number of students who sat for the recent examination was 621. It is learnt that the number of girl students who sat for the examination was larger than usual.

The Karainagar Pensioners' Association

An interesting and instructive lecture on "Unemployment" was delivered by Mr. Nevin Selvadurai, B. A., J. P., M. B. E., late Principal of the Hindu College, Jaffna, on Monday the 15th inst at 5 p. m. at the *Saiva Maha Sabha*, Karainagar, under the auspices of the Karainagar Pensioners' Association.

—(Cor.)

Judicial

Mr. S. Subramaniam has been appointed to act as Commissioner of Requests and Police Magistrate, Pt. Pedro, during the absence of Mr. A. C. M. Hingely, from January 24 to February 1.

Mr. R. C. Thambiah will be Additional Commissioner of Requests and Additional Police Magistrate at *Chavakachcheri* on January 30 and 31.

A SHORT STORY

(Continued from page 1)

me with his wife close at his heels. I walked round the Dutch Fort to the banyan tree by the shore of the lagoon. Needless to say, the husband and wife were still following me. I pushed into the lagoon the canoe I had previously drawn up under the tree, and stepped in. *Mayilvaganam* did likewise; and, I must say to the credit of the girl, she also entered the canoe, the management of which she knew so well.

Her consternation knew no bounds, when she saw her husband rowing the canoe with a vigorous pull. We had gone nearly quarter of the way to the *Puneryn* shore, when *Mayilvaganam*, unable to curb any longer his impatience at the unwelcome presence of his wife, lifted her with both his hands, and angrily threw her into the lagoon. An agonizing shriek and a violent splash! Next moment there was a gentler ripple. In his excitement the man had missed his foothold, and slipped into the lagoon!

Perfect silence reigned and then at the further end of the horizon I heard again that demonic laugh.

(More anon, S. R. M.)

GANDHIJI IN MALABAR

Travancore Govt. Communique

ROADS, WELLS Etc. OPENED TO HARIJANS.

Maharajas and Hindu Dharma

QUILON, Jan. 20.

Mr. Gandhi arrived in Quilon by car this morning and addressed a public meeting. A purse of Rs. 505 was presented to him by the public of Quilon of which Rs. 51 was contributed by the *Hindi Pracharak*.

Expressing his views on the Travancore Government Communique, issued yesterday, Mr. Gandhi said that he was very thankful to His Highness and to the Government for opening roads, wells, etc., to untouchables. He emphasised that only if the public co-operated with His Highness the Hindu Dharma could be protected.

Concluding, Mr. Gandhi wished that every other Maharaja would look after the comforts of the depressed classes as His Highness the Maharajah of Travancore.

(Hindu Cor.)

Temple-Entry Legislation

MEENAKSHI DEVASTHANAM COMMITTEE'S VIEWS

Madura Jan. 15.

At a meeting of the *Madura Sri Meenakshi Temple Committee* held last evening at the Committee's office, Mr. K. M. S. Lakshmana Aiyar, President, presiding, the letter from the District Collector, *Madura*, calling for remarks of the Temple Committee on the Temple-entry Bill was taken up for consideration. The President and the Vice President of the Committee said that they were in favour of the legislations and at the same time suggested some amendments to the Bill. Messrs. *Venkatachalam Aiyar* and *P. Rangasami Naidu*, members of the committee gave their opinion that they were in favour of the Bill in full and insisted on adult franchise of either sex with regard to the referendum. Mr. *Sankaralinga Mudaliyar* another member, who did not attend the meeting, sent in his opinion in writing opposing the Temple-entry Bill mentioning therein that they had been elected by the public to safeguard the interests of the Temple according to ancient Hindu Sastras and not to betray the principles underlying the same.

The opinion of the members of the committee will be sent to the Collector. (Hindu)

Matrimonial

The marriage took place on the 18th instant at the bride groom's residence at *Rameswaram* of Mr. V. Narayana-pillai, eldest son of Mr. N. Vanamamalai Pillai, Treasurer of the *Rameswaram Temple*, with *Srimathi Rama Lakshmy*, daughter of Mr. Shanmugam Pillai of *Wickremasinghapuram*, S. India.

The marriage was also celebrated on the same occasion of Mr. V. Venkata Narayana-pillai, second son of Mr. N. Vanamamalai-pillai with *Srimati Mahalaxmi*, daughter of Mr. K. C. Kumarasampillai of *Palamcottah*.

The marriage of Mr. C. Subramani-pillai B. A., nephew of Mr. Vanamamalai-pillai with *Srimati Lokambal*, daughter of Mr. *Muttiahpillai* of *Wickremasinghapuram* was also celebrated at the same place on the same day.—(Cor.)

STRANGE SECRETS OF YOGA

(Continued from page 1)

When the given time had elapsed, the adept came to life in a very horrible way.

It is not an experiment fit for public view. The rigid body unstiffens, the set lips relax, and from them issues a groan that none who have heard it can forget.

How do the Yogis induce this state in themselves? Our doctors do not know, but they should find out, for the Yogis declare that the trance state has a physical value. It calms the nerves. It gives the automatic mechanism of the body a complete period of quiet which it never gets otherwise.

One minute of kali mudra, as this state is called, is said to be the equivalent of eight hours' sleep; and the effect is cumulative.

Whether or not certain Yogis are as old as they are alleged to be, I know several who have kept the vigour and vital powers of youth to an advanced age.

One is a woman who is reputed to be ninety years old; she has the skin of a schoolgirl. Here is a field which our beauty experts might explore.

The revivification of bodies which have died by violence or accident is a practice altogether different from the trance state described above.

Certain adepts claim that they can temporarily bring corpses to life provided they were vital and well-nourished at the moment of death; and I believe that their claims have been substantiated.

The ceremony is a ghastly one, and must take place at night, preferably in a cemetery.

The adept sits astride the corpse, in whose mouth he has placed some wheat or barley cake. After incantations and drum beating, he places his lips upon those of the body, and breathes into its mouth. The body rises and dances to the rhythm of the drum.

The adept now has a terrible responsibility; unless he can hold the corpse fast and bite out its tongue, its trapped spirit will roam the earth for years, working evil.

Sex magic and the demoniacal possession which is closely allied with it are accepted by many educated Indians as matters of course.

Bewitched

Although I do not believe that any one can be bewitched against his or her will, I have known of strange cases of people who, if they have not sold their souls to the devil, have certainly made a bargain with some power that renders them both more or less than human.

There are bad Yogis as well as good in India; the learner will do well not to accept any teacher who may offer himself.

In fact, teachers of the right-hand path never offer themselves; they must be sought for, cajoled, implored, propitiated.

To return to earth. There is so much in Yoga that passes our comprehension and yet is in line with the advance of Western medical knowledge that we should do well to study the apparently simpler exercises first.

Inner Meaning

It is true that they are not really simple. The positions, the exercises and the regulation of the breath have all an inner as well as an outer meaning.

They will steady and strengthen the nerves; but they will also profoundly influence the mind.

To levitate, to pass into a trance, to be able to leave the body at will, or to be able to drink a pint of prussic acid is quite unnecessary, in this country, at any rate.

It is far more useful to be able to breathe correctly and to enjoy the right and sane use of the functions of balance, breathing, elimination, digestion, sleep, sex.

In these matters the East has much to teach the West, and in them are secrets and enchantments enough.

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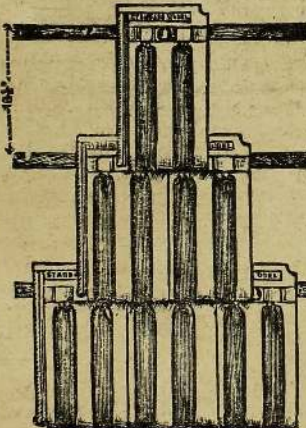
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