

The Hindu Organ.

"Arise! Awake! and stop not till the goal is reached."

THE ONLY NEWSPAPER IN CEYLON FOR THE HINDUS

HAS THE WIDEST CIRCULATION

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(Y. 5. 27-26-11-31.)

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H. 4. 30-12-31

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(H. 13. 10-1-32)

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(Y. 7. 19-18-1-32.)

NOTICE.

The
Jaffna Co-operative Stores
(Limited).

The Thirteenth Annual General Meeting of the Shareholders of this Company will be held at the registered office "Maha Mandapam" Hospital Road, Jaffna, on Monday, the 12th October, 1931, commencing at 4 p.m. to receive the report of the Directors and the statements of accounts for the year ending 30th June, 1931, and for the transaction of such other business as may be brought before the Meeting.

V. M. Veyagasun,
Secretary.

Jaffna,
14th September, 1931
(Mls. 371 21-28.)

Order Nisi.

IN THE DISTRICT COURT OF JAFFNA.
Testamentary Jurisdiction No. 7808.

In the Matter of the estate of the late
Veeragattipillai Chinniah of Poloy East
P. Veeragattipillai Sarathirajah of Poloy
East

Vs. Petitioner.

1. Veeragattipillai Chinniah of do
2. Mappanar Velopillai and wife
3. Wallipillai of do
4. Paramu Arambu and wife
5. Sivapackiam of do
6. Annapooranum daughter of Veeragattipillai of do
7. Kanapathipillai Mahendra Rajah of do
8. Letchmipillai widow of Chinniah of do
9. Chinnappillai widow of Veeragattipillai of do

This matter coming on for disposal before
D. H. Balfour, Esquire, District Judge, Jaffna,
on July 1, 1931, in the presence of Mr. K.
Muttukumaru, Practitioner, on the part of the Petitioner and the Petition and affidavit of the Petitioner having been read;

It is ordered that the 1st Respondent be appointed Guardian ad litem over the minors the 6th and 7th Respondents and that the Petitioner be declared entitled to have Letters of Administration issued to him unless the Respondents or any other person shall appear before this Court and shew sufficient cause to the satisfaction of this Court to the contrary on or before September 30, 1931.

Sgd. D. H. Balfour,
District Judge.

August 26 1931.
O 272 24 & 28.

R. Papyah.

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Y. 14. 12-11-3-32.

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Insurance Society Ltd.,
MADURA.

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The Hindu Organ.



JAFFNA, MONDAY, SEPTEMBER 28, 1931

LIBRARIES AND DEMOCRACY

DEMOCRACY IS A FORM OF GOVERNMENT in which the sovereign power resides in the people as a whole. Every adult member of a State cannot directly take part in its affairs and therefore representatives are elected to transact business on behalf of the people. If the people should only be present at the time of election and elect one or other candidate as their representative and take no further interest in the government of the country, until the next election comes such a government cannot be called a democracy. The political power will then pass into the hands of a few who may use it for their own aggrandisement. In all experienced democracies the chief problem was to make the sovereign power of the people real rather than nominal. For this purpose the citizens of a democratic state should be not only competent to take part in governmental affairs but also be able to judge and critically examine what is happening at the headquarters of the Government.

The education imparted in the schools is not sufficient to create the body of citizens who will make democratic government real and not nominal and this purpose can be successfully achieved by providing the people with opportunities of perpetual self-education. Libraries are an excellent agency for such self-education. They serve as a sort of continuation schools for the benefit of those who finish their school career in early life and whose literacy and culture have to be further nurtured by external means. It is a matter of common knowledge that many people who are regarded as literates relapse into illiteracy and ignorance for lack of opportunities for reading and improvement. Thus the money spent on the education of such people amounts to a waste. Libraries can be of great use in making the money spent on education fructify to the benefit of the state.

The importance of libraries as a means of mass education is realised in all countries which are enjoying a system of democratic government. They all make considerable effort to open libraries and to popularise reading among the people. The Government of Mexico has a Department of Libraries added to its Ministry of Education. This department has established not less than 2,700 libraries. Democratic government was established in Czechoslovakia only after the war. One of the first acts of this Government was to place on the Statute Book an all-comprehensive Public Library Act whereby it provided for the establishment of a well-conducted library in every commune with a population of 400 or over. Poland is now preparing a similar Public Library Act to popularise libraries among its people. In the neighbouring continent, India, Library Movement has made rapid strides. The Madras Local Boards Act and District Municipalities Act provide for the maintenance of libraries. A Public Library Bill is soon to be introduced in the Madras Legislative Council to make liberal and systematic provision for establishing libraries in every town and village in that Presidency. When these countries

are making such great efforts to open libraries for the benefit of the people, it is a matter for regret that the people of Ceylon do not still realise the value of libraries as an agency for adult education.

Ceylon is perhaps the only country in the East which is having universal franchise. An ignorant democracy is a positive danger. It cannot function successfully and it is the duty of the new ministry to tackle the problem of opening libraries in every part of the country. Education vote for the next year has been increased. We hope a portion of the increased vote will be devoted for the establishment and maintenance of libraries.

Mahatma Gandhi's 63rd Birthday

CELEBRATION IN JAFFNA.

At a meeting of the Executive Committee of the Youth Congress, Jaffna, held on Thursday the 24th instant at 5 p.m., it was resolved to celebrate Mahatma Gandhi's 63rd birthday on October 2.

Beedies worth Rs. 3000.

SMUGGLERS BROUGHT TO BOOK.

30 bundles of beedies worth Rs. 3000 were seized by the Customs Preventive Officer, on an Indian fishing boat near Velvettiturai.

It appears that at midnight on Tuesday last the Preventive Officer espied an Indian fishing boat and gave chase to it and finally captured the boat. The smugglers were five men of Velvettiturai.

Rogue Elephant at Iranamadu.

FREE LICENCE FOR DESTRUCTION.

It is feared by people that a rogue elephant, which is said to be deaf, roams about the Iranamadu tank area, the main channel, Driara tank and Killinochchi.

The Government Agent, Jaffna, has notified in the latest Gazette that he is prepared to issue licences free of stamp duty for the destruction of that animal.

The Mathakal Beach

NO SAND OR STONE TO BE REMOVED

That part of the sea-shore adjacent to the village of Mathakal in Valikamam West has been proclaimed by the Governor as an area from or over which no sand, stone, coral, or other substance shall be removed as from October 1, 1931.

A New Organisation.

NORTH CEYLON NATIONAL ASSOCIATION.

INAUGURATION ON OCTOBER 2

A new association known as the North Ceylon National Association will be inaugurated on Friday, 2nd October 1931.

This was decided upon at a meeting of the Jaffna Boycott Committee, as the result of the need felt for a progressive All Jaffna organisation.

The objects of the association will be: to educate the people and create sound public opinion on all matters of national importance; to stand for and foster purity in public life; to advise and carry out a plan for the economic reconstruction of the country, to work for the unity and unity among the various races of the island; to organize the people to combat all forces that militate against national progress; to direct the activities of the people towards the realisation of a self-governing Ceylonese Nation.

Letter To The Editor.

AN OPEN LETTER TO THE CHAIRMAN, URBAN COUNCIL, JAFFNA

Sir,

On behalf of the owners of the paddy fields at Pommaively I beg to bring to your notice the following:

(1) In spite of the fact that the owners of the neighbouring paddy fields called Paracherivelu are exempted from rates we are made to pay heavy rates in spite of all our petitions to you Sir for which we have received no reply.

(2) A Moor butcher has established a sheepfold in the middle of our fields. It is hardly possible to prevent the cattle from straying into the fields and damaging the crops unless every one of us are lynx-eyed. Secondly we wonder whether you have given a license for the butcher to slaughter the cattle and cut the meat in the dirty sheds in the fold. If not, why have the officers of the Council not stopped such practice and prosecuted the offender? The fold is a nuisance to the fields and should be removed from the place immediately.

(3) The Contractors have brought sand from the nearest spot on the seashore and used them to extend on both sides the road passing through the fields. Moreover they have cut the soil from the fields themselves without any right to do so, even after that fields have been ploughed and sown. In these days when farming does not pay do the authorities consider that this sea sand is useful to the fields? In our opinion, Sir, this sand will spoil our harvest for the next few years and should be removed forthwith.

If we are not given immediate relief on the above points we would be compelled to abandon the cultivation of the fields as they would be a dead loss to us. Dear Editor, we hope you will wield your powerful pen on our behalf and get these wrongs redressed.

I am Sir,
Yours sincerely,
K PERAMPALAM

Vannarponnai,
26-9-31

"Voluntary Poverty."

GANDHIJI'S "MESSAGE TO THE WORLD."

London, Sept 23rd.

Mr. Gandhi today delivered a speech embodying his "Message to the World" at a meeting organized by the Fraulean Study Circle at the Guild House, Victoria.

The subject was "Voluntary Poverty."

Miss Maude Royden presided and introduced Mr. Gandhi as the greatest living prophet of voluntary poverty.

Mr. Gandhi received a great ovation from the very large audience. He explained that he adopted voluntary poverty when he decided to enter politics, as he wanted to remain untouched by the immoralities of untruth in ordinary politics. His politics had a spiritual basis and he regarded his speech that evening as being as much a part of his mission as the work of the Round Table Conference.

The justification for voluntary poverty was that wealth for all was impossible. All could share non-possessions, and the less one possessed the less one desired.

Mr. Gandhi said he did not preach voluntary poverty to people who suffered from involuntary poverty, but the grave national economic problem could more easily be solved if those who had wealth were willing to adopt voluntary poverty.

Mr. Gandhi prayed at the usual hour, his personal staff chanting. The audience then sang "Lead Kindly Light."

At the conclusion a collection was taken up as a birthday present to Mr. Gandhi.

—Times—

News & Notes.

—O:—

An Advocate should not accept a fee of less than Rs 10/50 is the answer to a question relating to professional etiquette put to the General Council of Advocates.

The Aga Khan and Mahatma Gandhi met at the Ritz Hotel on the 23rd night, at the former's invitation, to have an "informal chat". Mahatma subsequently said: "We discussed our differences and it was a very friendly conversation".

The title of Kavisarvabhowma (World Poet or King of Poets) was conferred upon Dr. Rabinadrath Tagore by the Board of Sanskrit Studies, Calcutta, at a special convocation held at the Sanskrit College last week.

That the Law College must be situated in Colombo, no matter where the Ceylon University may ultimately be, was the opinion of the Ceylon Law Students' Union, expressed in a resolution passed at a meeting held on the 25th instant.

The House of Commons by 297 votes to 238 passed the Second Reading of the Finance Bill. The Labour Party opposed the Bill on the grounds that it inflicted disproportionate hardships on those least able to bear the new taxes.

An association for Buddhist women, known as "The Buddha Kantha Samajaya" was inaugurated on Saturday in Colombo for the purpose of taking part in activities conducive to the progress of religion and nationalism.

Mahatma Gandhi visited the Ex-Viceroy, Lord Irwin, on Friday, at the latter's home at Eaton Square. The two were together for two hours and 20 minutes. Gandhiji said afterwards "We had a friendly conversation. Yes, very friendly." He wore his loin cloth and sandals.

According to the calculation of experts of the Faculty of Paris, a healthy man with a normal appetite who reaches the age of 70 has eaten about 700 times his own weight. They have estimated that in his span of 70 years the average man of 10 stone will eat 13 tons of bread, 15 tons of vegetables, seven tons of meat, seven tons of fruit, 1,600 lbs. of sweets and sugar, and will drink 15,000 quarts of milk and 20,000 quarts of beer or other liquids.

Reassuring account of Mahatma Gandhi's health is given by Dr. C.E. Muthu, who examined him last week. Dr. Muthu who had examined Gandhiji about four years ago, said that on the present occasion he was struck by the improvement which Gandhiji's condition showed in every respect. At the previous examination his blood pressure was high, but his condition in this respect was now much better. His heart was well, and regular. Gandhiji looked fatter, and his condition, both mentally and physically, was first class.

Interviewed by "The Daily Herald" with regard to the will of her mother Lady Slade, who had bequeathed all her property valued at £10,000 to her daughter, Mrs. Vernon without mentioning Miss Slade (Mira Bai) the latter said that the omission was by her own request. Many years ago, when she first became a disciple of Mr. Gandhi she took a vow of celibacy and non-possession and therefore the inheritance of worldly wealth would be contrary to her code of living. She emphatically denied the rumour that she had cut off or had been disowned by her parents or relatives.

Budget Proposals

—O—

REPORT OF
BOARD OF MINISTERS

The following is the report of the Board of Ministers submitted to the State Council:—

The Board of Ministers present to the State Council the Annual Appropriation Bill for the financial year 1931-32 and lays before the Council the annual estimates of Revenue and Expenditure for the year.

Estimates of Revenue.—The revenue for the year is estimated at Rs. 87,675,000. The revised estimate for the current financial year (1930-31) is Rs. 91,000,000 (exclusive of recoveries from the 1929 loan). The expected decrease of Rs. 3,325,000 is mainly due to the repeal of the export duties on coconut products and rubber and to anticipation of a continued falling off of receipts on arrears and today. In the present state of the major industries of the Island it would be unsafe to expect a larger yield under any of the heads and sub-heads of the estimates of revenue than that assumed for budget purposes.

Estimates of Expenditure.—The total estimated expenditure amounts to Rs. 104,249,029, of which sum Rs. 82,811,110 is provided for in the Annual Appropriation Bill and Rs. 21,437,919 in various laws already in force. The total estimated expenditure is less than the original estimate of expenditure for 1930-31 by Rs. 9,567,156, but exceeds the revised estimate of expenditure for 1930-31 by Rs. 2,249,029. This revised estimate assumes the normal "saving" on personal emoluments.

Recurrent Expenditure.

The recurrent expenditure for which the Estimates provide amounts to Rs. 100,127,281 and of this sum Rs. 42,427,171 is required to meet expenditure classed under "Personal emoluments," the greater portion of which is on account of the permanent pensionable establishments of the various departments which are not susceptible of large sudden reduction. The Board recognises that a progressive reduction of the cost of the pensionable establishments of the Island is essential to financial stability and it believes that the Ministers and Executive Committees and Officers of State responsible for the administration of services are alive to the necessity of scrutinising every vacancy as it occurs from the point of view that the permanent or temporary suppression of any vacant post which it is not absolutely necessary to fill is a matter of supreme importance. It will be seen from the information contained in the Estimates that provision for numerous vacant posts has been omitted on the grounds that it will be possible to leave them unfilled.

The Board finds itself under an obligation to include in the Estimates sums amounting in all to Rs. 20,682,519, i.e., about one-fifth of the total recurrent expenditure, on account of the public debt and of pensions of officers of Government who have retired. These are commitments which cannot be reduced by any action of the Board.

The Health and Education services account for approximately one-fourth of the total recurrent expenditure and for approximately 29 per cent. of the expenditure on "Personal emoluments."

The estimate of expenditure on the maintenance services rendered by the Public Works Department has been reduced by nearly Rs. 2,470,000 below the estimate for 1930-31, but these services still absorb Rs. 6,389,809 out of the total estimated revenue.

The estimate of Special and Extraordinary expenditure has been kept down to the low figure of Rs. 4,121,748. Extraordinary works under Colombo Port Commission and Public Works Extraordinary account for three-quarters of this sum. The Board has restricted new works to the barest necessities. It recognises that this most inevitably retard the development of the Island and reduce the volume of employment offered by the Government, but a policy of restriction of new works is imposed on the Board by the exigencies of the existing financial situation.

"Loan Works."

The estimates include under Head 74 "Loan Works" provision for an expenditure of Rs. 222,000 to enable various capital services on account of the Colombo Electricity Supply and the maintenance of the partially constructed Hydro-Electric Works to be continued pending the raising of a new loan to meet the cost of electrical undertakings which are to be charged to capital account. This sum of Rs. 222,000 is included in the Appropriation Bill in order to give legal sanction to expenditure which it would otherwise be impossible to incur until the new loan had been sanctioned and raised. As it is not intended that this sum shall be a final charge on the revenue of the year it is not included in the total estimated expenditure mentioned in the preceding paragraph.

Having regard to the decision of the State Council on the supplementary estimate of Rs. 50,000 presented by the Board of Ministers in July last to meet the cost of leave and other passages for public officers, the Board has inserted a reduced sum of Rs. 800,000 (instead of Rs. 400,000) under Head 26, sub-head 4, "Passages of officers, their wives and families, etc." This sum is the estimated cost of the service on the supposition that the period of duty qualifying for the grant of a full leave passage will be increased from 4 years to 5 years. The Board, acting in accordance with the provisions of Article 37 of the Ceylon (State Council) [Order-in-council, 1931,

requested His Excellency the Governor to sanction the presentation to the Council of this reduced vote. His Excellency gave his sanction, but explained to the Board that he did so in view of the Board's corporate responsibility to the State Council for the Annual Appropriation Bill as laid down in Article 69 of the Order-in-Council. His Excellency also expressly reserved his own complete liberty of action in accordance with the Constitution pending the result of a report on the subject already sent by His Excellency to the Secretary of State. The Board has also inserted a reduced sum of Rs. 200,000 (instead of Rs. 520,000) under Head 26, sub-head 5, Holiday warrants with the intention that as from the 1st of October officers eligible for a grant of holiday warrants should be allowed one set each year instead of three. The Governor granted sanction for this reduced provision, subject to the same revision as in the case of the estimate for Passages.

Loan Funds.—The projected expenditure under the funds already raised under the 1921 and 1929 loans is shown in Appendices 1 and 2 of the Estimates. Some re-adjustment of the services provided for in the schedule to the 1929 Loan Ordinance is proposed to the Council in a resolution under that Ordinance which appears on the Order of the Day.

Electricity Supply.

Colombo Electricity Supply.—The revenue and expenditure of the Colombo Electricity Supply form the subject of a separate budget which appears as Appendix 5 of the Estimates. The legal appropriation of the revenue of this Undertaking to working expenditure, depreciation, interest, etc., will be effected by means of a separate Schedule to the annual Appropriation Bill. The estimated interest on capital and the net profit, amounting together to approximately Rs. 616,000, are carried to the general revenue of the Island.

Railway Estimates.—The estimates of the Railway Department also form the subject of a separate budget laid before the Council with the annual Appropriation Bill and the appropriation of the railway revenue to its legitimate objects is effected by a separate schedule to the annual Appropriation Bill. The estimated net revenue from the railway is insufficient to meet the whole of the interest on capital due to the general revenue, notwithstanding the fact that the sum to be set apart for depreciation has been reduced from 7½ per cent. of total earnings to 5 per cent. The shortage is estimated at approximately Rs. 2,445,000, and this deficit will have to be added to the deficits of 1929-30 and 1930-31. The accumulated shortage of railway revenue as at the end of the forthcoming financial year is estimated at approximately Rs. 7,000,000. It is impossible to say now when, if ever, the railway will be able to pay this debt.

Estimated Deficit.

The Estimated Deficit.—The excess of estimated expenditure over estimated revenue (excluding Rs. 222,000 to be charged to the new loan account) stands at Rs. 16,574,029. It has been quite impossible for the Board within the short time that has elapsed since it came into office to formulate definite plans which, in spite of the sudden reduction of the Island's revenue, will secure a balanced budget for the forthcoming year. If the estimate of revenue for 1931-32 is realised in full, the revenue will have fallen by over Rs. 20,000,000 since the financial year 1928-29. The actual expenditure in that year was Rs. 125,896,934 as compared with an estimated expenditure for the coming financial year of Rs. 104,249,029. While the estimated expenditure for the next year shows a reduction, as compared with the actual expenditure for 1928-29, fully equal to the reduction of the revenue since that date, it has been quite impossible in so short a time to bring the expenditure down to the low level of the estimated revenue for next year. In these circumstances the Board is driven to expedients which it cannot regard as wholly satisfactory in order to allow itself time to grapple with a financial situation of such difficulty.

It is estimated that the accumulated Surplus Fund of the Island will be Rs. 17,098,591 on 1st October next. The Board proposes to draw on this fund to the extent of Rs. 10,000,000 during the coming financial year. It is also proposed to raise a loan of Rs. 4,000,000 in order to restore to revenue sums which have been taken out of revenue in past years and lent to Local Authorities and others through the Local Loans and Development Commissioners established under Ordinance No. 22 of 1916. These loans are represented by public utilities, and it is the opinion of the Board that money for the purposes might well have been borrowed in the first instance instead of being taken out of the proceeds of taxation, and that in view of the present financial stress it is justifiable to borrow this money now and restore it to general revenue. After appropriating Rs. 10,000,000 from the surplus funds of the Island and Rs. 4,000,000 from the proposed loan, there will be left uncovered a deficit of approximately Rs. 2,500,000. The Estimates, provide in full for expenditure on "Personal emoluments," whereas in practice there is invariably substantial under-expenditure under various "Personal emoluments" sub-heads. It is the opinion of the Board that it should be quite possible by the exercise of rigid economy in the administration of all voters, and by

Continued up.

A Five-Year Plan For
Education.A BRITISH HEADMASTER'S
SUGGESTION.

Mr. Guy Kendall, Headmaster, University College, London in the course of an interview with "The Daily Herald" said in mail week:—

In youth, one sees only what is needed, and refuses to admit the difficulties. In later life, one becomes more cautious and tries to think in terms of what is possible.

Thirty years ago, if I had been asked for my views on a Five Year Plan for the rising generation, I might have said what I should do if I could make my own Utopian conditions. But now I would rather discuss what might be done in the existing circumstances.

A thing which has struck me rather forcibly is the number of misfits which our present system of education creates.

I was talking to a boy the other day, who said to me: "I can learn all right so long as I can be doing something with my hands."

There are many like this boy. Judged by academic standards, they are dunces. Yet they are quick and clever with their hands, and when engaged in manual work they develop rapidly.

Often they have an artistic temperament. But our schools treat them no differently from the boys who develop more easily through learning Greek or mathematics.

The boy who learns with his hands has always existed, but he was not so obviously a misfit when only the wealthier classes were given an academic training.

But now that education has been so enormously extended, the boys who are temperamentally unsuited to the system are much more in evidence. They are to be found in all social classes and in all schools.

So the first thing I should do is to try to remedy this by finding the right education for the misfits. They would be taught in a manner that suited them better and helped them to develop their latent abilities.

New Lines Wanted

This new type of school is hardly one which it would be possible to decide upon straightaway. We should have to experiment and feel our way forwards by degrees.

To begin with, we should have to start experimental schools in which various methods of education could be put to the test. The results would be carefully recorded and used as data for further experiments.

If once we could realise that neither history nor mathematics nor any other subject, of the school curriculum is essential in itself to intellectual development, I think we might escape from the stilted educational notions of the present day.

Instead of the formal examination system which tends to cramp us, we could have a more elastic method in which intelligence tests and school records played an important part. We have grown so used to examinations that many people think that passing them is an end in itself.

Another thing I should do is to allow a boy more freedom in the choice of games, especially in the public schools. Why should any boy be forced to play cricket if he prefers to play tennis?

Individual treatment in work and play is the ideal which my Plan would aim at, though, of course, economic difficulties set a limit to the lengths we could go.

Self-expression and all-round development are always in a modern educationist's mind, and within the last twenty years a flood of new theories, such as behaviourism and recapitulation have been put forward to meet the case.

Without going into these, I do feel that when a boy leaves school at the age, say, of fourteen, and goes into a factory, his social education is still far from complete.

The question arises, could it be continued in the factory, I think it could. My Plan would include factories which were not run primarily for profits, but for social and technical education. They would in fact, be factory schools.

With these, we could perhaps get out of the dilemma of removing boys from school before their education is finished, or handicapping them by delaying their technical education.

Possibly all factories of the future will be partly social and educational.—Hindu.

Continued.

firm resistance against the temptation to provide for additional services during the course of the year, to keep the actual expenditure sufficiently below the estimated expenditure to prevent the emergence of this uncovered deficit.

Observations of the Financial Secretary

The Financial Secretary concurs generally in the draft Appropriation Bill and Estimates presented to the State Council. It is obvious, as the Board itself has indicated, that the financial arrangements contemplated can be justified only on the grounds that time is necessary for the formulation of measures which will secure a balanced budget. If these measures are not adopted in time to become fully effective at the beginning of the financial year 1932-33 at the latest, the financial stability of the Government of the Island will be seriously endangered.

The Ideal Food

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The food must provide all the substances needed by the living cells for the proper exercise of their chemical processes; there must be none that are in deficiency and none, if the cells are not to be burdened with a maximum of labour, that are in excess. For if there be some that are deficient or lacking in the food, then the chemical changes with which these substances are concerned become impaired or fail, with resultant impairment or failure in function of some corresponding organ or tissue of the body. While if there be some that are continually in excess certain cells will ultimately fall from exhaustion brought about by overwork, and disease of the corresponding organ or tissue will result. There are thus two directions in which nutritional disorders may arise: the one by deficiency of essential elements in the food; the other by excess of certain ingredients of the food; and these two by their combination may provide a third. The ideal food is therefore a palatable mixture of essential food stuffs arranged in such proportions as to satisfy every need of the body without overburdening it with work.

The essential food stuffs are nitrogenous substances called proteins; starches and sugars called carbohydrates; fats, mineral salts, and water. The amounts of these required for each sex, from infancy to old age and under varying conditions of rest, work, climate and temperature are now fairly well known though there is still much to be learned especially in regard to the quantities of them that are needed in tropical countries for various classes of labour. All these food stuffs

exist, some in greater proportion than others, in the food materials which Nature provides for our use: the proteins principally in animal foods, such as meat, fish, fowl, egg and milk but also in vegetable foods such as pulses and cereal grains though in less suitable form and less proportion than in animal foods. The carbohydrates exist principally in vegetable and fruit; the fats in the flesh of animals, milk egg and certain fish, as well as in various nuts and seeds; while the mineral salts—of whom there are some 20 essential kinds—are derived both from animal and from vegetable sources. The essence of successful nutrition is so to combine these natural foods as to provide a sufficiency of all essentials without excess of any. (M. R.)

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