





THE ONLY NEWSPAPER IN CEYLON FOR THE HINDUS H.S THE WIDEST CIRCULATION

ESTABLISHED SEPTEMBER 11, 1889.

PUBLISHED EVERY MONDAY AND THURSDAY. VOL. XLIII-NO 92. (PHONE 55.)

JAFFNA,

MONDAY,

JUNE 6, 1932.

(Registered as a Newspaper.)

· PRICE 5 CTS.

PAST REGRETS AND FUTURE HOPES.

BY T. L. AHOBALACHARYA, M. A. (The Indian Playwright and actor who is now in Colombo.]

The Russian Poet, Bulgakov, sings, "For some a prologue, For some an epilogue,"

For some an epilogue,"

That is what the present moment is. And there is no analogy in history for the present moment. The present moment is big with the epilogue of human sobriety' of a transvaluation of all values; the present moment spells the speedy death of all that smacks of prostitution of man by brother man. The present moment sings the Epilogue of Imperialism, the Epilogue of the modern edition of Judas Iscariot. It is the Epilogue of Empires, of Pockets and Markets of all the half-gods, false-gods and tin-gods at whose feet man has placed wreathes of flowers bathed in human blood and tears.

It is the Epilogue of the Machine Gun. is the Prologue of Soul-Force.

The world will be saved when Lenin will rise from his great grave and stretch his hand across the mighty Himalayas and shake the hand of the new Prophet of India—Gandhi. That day a fresh mile in the journey of man will be recorded, a new chapter in the destiny of man will be opened.

Drama of Day-light Robbery.

General Smuts-in 1918-to the accompaniment of peace drums said, "There is no doubt that mankind is once more on the move. The very foundations have been shaken and loosened and things are again fluid. The tents have been struck, and the great caravan of Humanity is once more on the march." This utterance has its genesis in the facile and surface optimism of the close of the War, though the result of all the empty fire that issued from the lips of statesmen has only been an advance into a new disgraceful futility, and has only resulted in a *new drama of daylight robbery and open-eyed bungling. Smuts means that mankind was till then marking time. Marking time with the weight of a false ideology, with the gruesome burden of millions and millions of tons of armaments, marking time with the blood of the hungry millions of the East on their hands. on their hands.

on their hands.

The world is still marking time. Only in one country of the globe has the order for the March been thundered. Russia. Of hourse, Russia is the other name for the Devil in the European Press. Still, while Europe has been, assassinating idealism, Russia is trying to play an honest game.

A New Civilisation.

What does Russia mean? Two things. It is a practical paradise for children now. presents a new fundamental moral

The road is punctuated with corpses.
The road is watered by pools of blood.
True. There is no excuse.

But the disease of that medieval human oppression demanded a drustic operation. And Lenin launched a thunderbolt.

What a thunderbolt!

What a thunderbolt!

But beyond the heaps of corpses and the pools of blood, there is a clear lake of fresh water, Eumanity walking in the glory of a new morning.

Let us not forget the endless number of wars that Europe has fought. What for? A War to end Wars? For Humanity? For Democracy? Lest we forget.

In Russia there is the spectacle of a deliberate attempt to build a new civilisa-

tion, on an entirely new pattern, a pattern that "never was on sea or land", a civilisation that has no model, a civilisation that accepts the right of every man for decent human comfort. Of course, Japan tried to build a new civilisation and succeeded marvellously. But Japan played the Apc.

Mahatma Gandhi's Philosophy.

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What is the new fundamental moral proposition? It is contained in the philosophy of Mahatma Gandhi, when he said that he would call that a man thief, who appropriated for himself more than he needed to enable him to live in ordinary human comfort. It is contained in the life of Charles Proteus Sternmetz, an engineer of the General Electric Company of U.S.A., who was reputed to have accumulated a fabulous fortune, but who when he died had £ 300 and a dilapidated car. This was a shock to many. He was the greatest electrical engineer of his time. But he gave his services free. He said, "I will do my work for its own sake; money will have nothing to do with it".

The idea of Service. Service, hitherto

money will have nothing to do with it".

The idea of Service. Service, hitherto toyed with by ethics, has been placed on the empty throne of the Czar. As somebody said Russia has introduced ethics, where the rest of the world has been content with snobbery. The jargon of contemporary social philosophy is that "man being what he is," unselfishness cannot be the prime motive of human effort. Russia is out to present a practical demonstration of the unsoundness of this theory, as she is definitely out to expose the profound hollowness of a civilisation based on full pockets. Russia is out to show that hunger does irritate the stomach and that the hungry cannot be fed upon the prostituted words of statesmen, that they connot be clothed in rainbows and housed in metaphysics.

The Regrets.

The Regrets.

What are the Regrets?

What are the Regrets?

War. The stupidity of it. The futility of it. The wrongness of it. Croesus in Herodotus, trying to tell his friend why he went to war, says," The oracle told me to go to war. Nobody in his senses would voluntarily do so. For, if in peace time, the sons bury their fathers; in war, the fathers bury their sons." I think it is a good suggestion, that if men refused to stop all wars, the moral sense of woman should be mobilised and women must universally refuse to bear sons to men just to be used as cannon fodder. The Poet made a good point:

sons to men just to be used as cannon fodder.
The Poet made a good point:
Judas descended to this lower Hell,
To meet his only friend—the Profiteer—
Who looking fat and rubicand and well,
Regarded him, and then said with a sneer,
"Iscariot, they did you! Fool! to sell
For silver pence the body of God's son,
Whereas for maiming men with sword and
shell

I gain at least a gloden million."

But Judas answered; "You deserve your gold; It's not His body but his soul you've sold!"

Idealism was sandwiched between Clemenceau and Lloyd George and perished. The Great War has resulted in a Bad Peace. According to Com. Kenworthy, what are styled as the civilised countries of the world are to-day spending £900,000,000 annually on armaments; England is spending on experiments in poison gas laboratory annually £170,000. £170,000.

Regretal Yes.

Religion. Even God is sitting on the front bench of the House of Commons, Continued on page 3.

English Prisons.

English Penal Methods Yesterday and Today.

(By V. E. CHARAVAMAMUTTU, ADVOCATE.)

AS the Ceylon Penal System is more or less based on the English system, we might with profit study English methods before we come to look in our system.

might with profit study English methods before we come to look in our system.

There was no imprisonment as a punishment in England in early days. Death or transportation was the punishment for those who did wrong. Death was the punishment for several offences and even about 150 years ago there were over 200 offences for which death was the punishment. The less heinous offences were punished by trausportaion which was the characteristic method adopted by England in treating offenders. At first, offenders were transported to America and when America declared its independence, England had to find other means of dealing with wrongdoers. Then she housed them in the 'hulks' or prison ships moored at Greenwich and Woolwich on the Thames. These ships became overcrowded and then convicts were sent to Australia. The Botany Bay convicts are famous in history. When convicts were being transported to Australia, the ships were used as collecting centres.

The first prison which was built at Millbank (on the present site of the Tate Gallery, London) in the early 19th century, was on the Pennyslvania or separate confinement. Then transportation was dropped and imprisonment began to be the main reliance of England for the treatment of Criminals.

Early Prisons.

Early Prisons.

The early prisons were noted for the severity with which prisoners were treated. Prison labour was degrading and non-productive. The tread wheel was introduced in 1818 to provide work for prisoners. It was a large wheel about 8 or 10 feet across, on the inner circumference of which were several steps. Each prisoner held on to a wooden bar above his head and kept on treading as the steps went round. These wheels were used to draw water and to grind corn but in many cases they were non-productive.

The tread wheel was vehemently attacked but continued to be used. Even in 1863 Parliament voted strongly for the retention of the tread wheel.

These carlier penal modthods severe as they were failed to check crime, Solitary confinement, though an advance on indis-criminate herding presented several problems.

Solitary confinement was found in practice to unfit a man for return to Society and in many cases even to produce insanity. The degrading and non-productive nature of prison labour was found to crush a man's self-respect and to degrade. Experience showed that prison was not a place of reformation.

Failure of the System.

The failure of this nineteenth century prison system which began to be evolved about 1825 and extended with a few changes into the present century can be best seen from the following figures.

In 1906, 180,000 persons were sent to prison in England and Wales. Of that number 107,000 had been in prison before, 63,000 at least 11 times and over 10,000 more than 21 times.

For the real protection of Society from

more than 21 times.

For the real protection of Society from anti-social behaviour and for the education of the offender in social responsibility, methods were needed other than those which characterised the treatment during

Then we come to the present period. The 1899 Act abolished the treadwheel and the

quality of food was improved. People came to see that one of the best methods of protecting society against crime was to educate the law-breaker in social responsibility and that perhaps the most effective method of acheiving this end was to keep him out of prison. Several administrative and legislative reforms of this period are due to this view.

In 1926 only 53,000 persons were sent to prison as against 180,000 in 1906. 26 prisons have been closed since 1900.

This reduction is not a reduction in the number of crimes but it only shows that other methods are adopted of dealing with delinquency, the most important of these is Probation.

Probation.

Many first offenders and others who in former times were sent to prison are now put on probation. They are handed over to the supervision of a probation officer whose duty it is to keep in touch with the offender, visit him, help him to get employment and generally help him to keep straight. Probation officers who are full-time paid officers are attached to each court and they are usually men with good qualifications. Reports of the efficacy of probation vary but one estimate is that 75% of the adults and 95% of the juvenile effenders put on probation, do not come before the courts again, charged with further offences. Even if the percentage is not nearly so high, the system will surely be justified.

There is special provision for "Mental

There is special provision for "Mental defectives" and they are no longer kept in ordinary prisons. Most magistrates give time for the payment of fines.

In spite of these alternative methods of dealing with law breakers, nearly 50,000 people go to prison every year. Several reforms have been made in prison treatment.

System of Classification.

System of Classification.

Prisoners are no longer herded together without any division into first offenders and habituals. The English Prison System is noted for its system of classification.

First offenders and certain other "Star" Class prisoners are sent to Wormwood Scrubbs or Wakefield where the treatment is quite different from other prisons. There is a good deal of self-government. There are organised games, concerts and lectures in addition to educational classes. They take their meals in mess halls and have their own cricket and football teams.

teams.

Long term men are sent to convict prisons like Dartmoor Paikhurst or Maidstone. Habitual criminals who are sentenced to a period of preventive detention, after serving a sentence of rigorous imprisonment (Penal Serwitude) are sent to a special prison—Camp Hill (Isle of Wight).

The silence rule has been done away with in several prisons and is relaxed in the other prisons. The time spent in solitary confinement has been greatly reduced.

The Human Element.

The Human Element.

The fuman Element.

The human element has been introduced into prison life and approved persons are allowed to visit prisoners in their cells, to make friends with them and help them in their effort to rehabilitate themselves.

While English Prisons today are quite different from what they were 25 years agostill there are several directions in which Continued on page 3



The Hindu Organ.

YALPANAM, MONDAY, JUNE 6, 1932.

CHILDREN FIRST.

:0: Mr. S. RAJARETNAM, ADVOCATE, IN A recent communication to the Press, drew public attention to the absence of facilities for even elementary vertage and facilities for even elementary vernacular education to no less than 400,000 children of school-going age. It is incredible that those charged with the duty of making provision for the interests of the rising generation should have overlooked what common-sense and political foresight alike would have prompted them to do. It is scandalous that four lakhs of future citizens should be condemned to grow up in ignorance in a country which enjoys manhood suffrage. In any emergency, indi-vidual or national, children in every civilised country are accorded a position of privilege and their claims receive preferential treatment. Their helplessness and their potentialities for the future have claimed for them willing

Apart from the callousness of it, the policy which subordinates the interests of children to those however insistent and clamant of the present, is shortsighted and pennywise. No situation is conceivable in which retrenchment on elementary education can be defended. Indeed, it is part of the sacrifice which each generation is called upon to make for the next that expenditure on vernacular education should not be stinted.

sacrifices from the adults.

The present economic depression imposes on everyone the duty of cutting one's coat according to one's cloth. But, elementary vernacular education is one of those vital and necessary services which cannot be starved without undermining the efficiency of the nation. To thoughtful men it will be obvious that every penny saved now by refusing assistance to a vernacular school will cost the country, in years to come, more than a pound to repair the wrong, and with doubtful results.

We trust the Board of Ministers in framing the new Budget will not allow false notions of economy to sway them to slacken the pace of vernacular education. Expenditure on education is always regarded as a national investment at all times. It is also the best insurance against the ugly features of the problems which unemployment brings up to the surface. Ours is an agricultural country and it may take some years before things begin to look up. We might have to continue in the doldrums much longer than manufacturing countries. The problem of unemployment threatens to stay with us some years. It will tax the wit of the leaders and the Government in no small measure. Vernacular education with modifications to equip the youths of the country to battle bravely against the problems of depression will relieve Government of the duty to provide relief measures.

The duty of the people in the situation is no less. The Government, as at present constituted, can afford situation is no less. The Government, as at present constituted, can afford to snap its fingers at public opinion and go its way merrily. The people have no means of making their will felt by the Government. Let them realise that the tide of un-employment will recede and ebb away sooner or later; but, the tide of ignorance and illiteracy does not change with the seasons. The problems of illiteracy are fraught with greater danger to the well-being and progress of the people than those of unemployment to material prosperity.

These are difficult times but never of difficult as to preclude the people from undergoing a little sacrifice for the good of the future generation and, indeed, of their own.

Mr. S. RAJARETNAM points out ways and means to adjust conditions to the needs of the times. We have no doubt, his proposals will meet with general approval. They are eminently reasonable and practicable. If funds are needed to provide vernacular schools and part fat colories for the schools. and not fat salaries for specially re-cruited officers, it is just possible to secure the willing co-operation of Government pensioners to forgo a percentage on their pensions for the sake of the young ones, but no pensioner is likely to favour the proposal so long as the amount collected by this act of self-denial cannot be ear-marked for elementary vernacular education.

Kandavanam Subramania Temple Festival.

The annual festival at the Kandavanam Subramania Temple commenced on the 4th instant. The (Ther) Car festival comes off on the 18th instant.

Ceylon Trade Commissioner in India.

OVER 100 APPLICANTS.

Proctors, Advocates, Barristers and a few businessmen, over a hundred in all, have applied for the post of Ceylon Trade Representative or Commissioner in India. The appointment is for six months carrying a salary of Rs. 750 a month, with a subsistence allowance of Rs. 300, a travelling allowance of Rs. 250, an entertainment allowance of Rs. 200 a month as well as a servant. The appointment is in the nature of an experiment and the Trade Commissioner will be required to stimulate the export trade of the Island. If the experiment proves a success, a permanent Trade Representative will be appointed.

Liberal League Conference.

MANDATE TO THAMIL LEAGUE REPRESENTATIVES.

As a meeting of the Executive Committee of the Ceylon Thamil League held last week, the invitation of the All-Ceylon Liberal the invitation of the All-Ceylon Liberal League to a Conference was accepted and the following were appointed as representatives: Messrs. H. A. P. Sandrasegara, V. M. Saravanamuttu, Rev. James Mather, Messrs W. S. Niles, S. Somasundaram, C, Sivaprakasam, J Thiagarajah, W. H. T. Bartlett, S. R. Sathaseevam, J Chellappa, H. T. Ramachandra and R. Nadarajah.

Mandate.

The following mandate was given to the representatives of the League.

- 1. That our representatives be instructed to ask at the conference for immediate Dominion Status to Ceylon.
- 2. For the appointment of a committee to draft the constitution.
- 3. To devise ways and means to obtain
- 4. To oppose any demand for communal representation either by election or nomina-

Farewell to Retiring Maniagar.

The leading residents of Pachchilaipali-Karachchi assembled at the Village Committee Court House, Pallai, to consider what steps should be taken to accord a fitting farewell to Mr. P. Rajagopal, Maniagar, Pachchilaipali Karachchi, on the eve of his retirement from public service and it was unanimously decided to entertain him at a garden party to be held on Saturday the 11th instant at Pallai.—Cor.

A University Scholar.

Mr. K. Kanapathipillai B. A. (Hons.) (London), of Pt. Pedro, who won the Government University College Scholarship in Oriental Languages last year is proceeding to England on August 24th to carry on his studies in London. He has just returned after completing a course of studies in Tamil at the Annamalai University, Chidambaram, where he obtained the title of "Vidvan."

The Origin of 'Yalp-panam'.

A HAPPY NAME.

BY "AGRICOLA".

IT is the habit of the ancients to weave a tradition around a flourishing institution or name, estensibly, to explain the origin, but often designedly to add lustre to it and thus ensure its permanence or fame. Such insensure its permanence or fame. Such instances are not wanting even in Church his-

The legend connected with the name Yalppanam may be one founded on historical fact, or it may be an allegorical picture drawn to illustrate the aims and ideals of the State when it was so organised, but the fact remains that the name was in use long before the investor. the invasion by the Sinhalese under the leader Sempaka Perumal alias Sapumal Kumareya, which is beyond doubt.

Inscriptions at Rameswaram.

The name Yalp-panam occurs in the inscriptions found at Rameswaram, a Rajah there claiming to have subdued Elam, Yalpanam, and Kampolam at some period anterior to the invasion above mentioned.

verse which recites the date when Kandaswamy Temple at Nallur was built has Guruparamparave tradition to supportand this is no moun authority—and it statesபுவனேசுவாகு கலமிகு யாழ்பாணத்தி சகரிகடங்கித்த கலிலக்குலவியகக்குகுச்சு கோ விறம்புரிலித்தானே," that Puvaneka Vahu built the city in Yalppanam. The city so built was Sinkai Nagar, It is doubtful if the whole Peninsula was ever known by the name Sinkai Nagar.

The Time of Kailaya Malai.

Amidst the conditions that we live in to day, it is somewhat difficult for many of us to realise what organs there existed in our society—and safeguards—for the transmission of historical facts and family tradditions from generation to generation. That the Portuguese, while they remained here, acted for the most part depending on the correctness of the traditional lore of the people is evident.

I have not heard it said by any one before that "Uraiyur Sendiappen's son, Mutturayan", the author of KailayaMalai, lived during the Portuguese times and it was somewhat perplexing to read the suggestion thrown out by the Rev. Father Gnanaprakasar in your issue of the 30th May last that Kailaya Malai was a composition of the Portuguese times.

Too Fantastic.

The preservation of Tamil books and documents in family archives was a difficulty during the Portuguese times. I have come to know of cases where the custodians of some books of Hindu Ritual Slokas resorted to the subterfuge of adding a verse or two at top and one at end in praise of Vergin Mary and Lord Jesus in order to save the books (which were in fact thus saved) from destruction at the hands of the Portuguese

The suggestion that the Sinhalese people translated the original name Nallu to their own language (Nal = Yappa and Ur =pattuna) and named the Peninsuls Yappa pattua and that the Northerner who accepted the name continued to mis-pronounce it till he got to limit at Yalppanam when he weaved a tradition round it is too fantastic a conception to receive cre-

Yalp-panam an Old Name.

There is a village Nallure where an "Aryan" prince ruled between 1053—57 A. D. in Rohina and the name has survived to this date, neither Prakrama Bahu VI Supumal Kumareya interfering with the Tamil name.

The fact was that Sinkai Nagar had become a hated name on account of its identification with "Aryan" seat and its association with invasions, subjugations and heartless spoliations. That name had to be abolished and in its place the older name Yalp-panam was revived; or it may be that the Sinhalese writers subsequent to the invasion designated the Peninsuula as Viceroyalty of the heir-apparent which Sapumal Kumareya claimed to be the throne of Cotta calling it Epapattuna (Epa=heir apparent, pattua or Pattina division or city); in either case the transition to Yappa pattuna may be explainable.

How the Names Came to Stay.

It is true that on the subjugation of Yalp-panam, the Singhalese who came with Yaup-panam, the Singhausse who came with the invading army occupied villages, giving them new names; but when the Yalp-panam royalty regained the country, the Sinhalese left; but the names still remain.

It was at long intervals that Land Registers were revised. On the resumption of government, there arose other troubles ane distractions. Ceylon was found divided into two hostile camps. The Sinhalese King of Cotta entered into a compact with the Portuguese, binding himself to be "a vassal of Portugal." Yalp-panam threw herself of Fortugal." Yalp-panam threw herself heart and soul into the fray on the Nationalists' cause hoping to retrieve the wrong committed by the Cotta King. There was no time left to attend to internal reforms and the Sinhalese names still remain.

I am afraid I have digressed from the subject in hand for which my apology to

An Auspicous Name.

To resume: Yalp-panam is an auspicious name. It conveys the message of Ahimsa which is explained by the legend involved in the name.

the name.

The Peninsula was acquired not by war or violence or trickery, but by straight peaceful means: by arts of culture, harmony and peace. Yalp-panam had for its ensign the representation of the Zodiacal sign, the Gemini: two children one of whom holding a lyre. Cultural progress, harmony and Ahimsa were set down as the goal of the state. There is good reason to believe that the dynasty who ruled under the flag received moral guidance from Jainisin. About the year 918 A. D; Government passed on to another line of kings known as "Aryas." Under the "Aryan" rule, militarism triumphed Countries were forcibly annexed. Smaller nationalities were compelled to pay tributes. The policy of aggression and annexation engendered hatred. The neighbouring kingdoms combined and marched an army to Sinkai Nagar and subjugated Yalpanam. Before she could revive from the effects of the depredations of war, a new enemy was at the door—the Portuguese.

Name With a Tradition.

The rise of Sinkai Nagar was meteoric and her fall was terrible.

I, for one, would not advise the revival of the name Sinkai Nagar. The older name Yalp panam bears a tradition. It suggests nobility of action. If the present hybrid name Jaffna is desired to be changed, let us go back to the old name in its uncorrupted trans Yala pages. form Yulp-panam.

The late Sir Dorabji Tata

A GREAT INDIAN INDUSTRIALIST.

The death of Sir Dorabji Tata on the The death of Sir Dorabi Tata on the 3rd instant at a sanatorium in Germany, removes from the field of industry an outstanding personality. He was Chairman of Tata and Sons and the Tata Companies. It was only in March last, say the Hindu, that Sir Dorabji made over his extensive properties worth three crores to a trust to be used for relieving those collections and for suppliers and for afflicted by sudden calamities and for helping public institutions irrespective of race and colour in all parts of the world. Apart from this he had previously set apart twenty-five lakhs for the institution of scholarships for research in matienant. of scholarships for research in malignant

ON PLAIN-LIVING-I.

Simple Diet.

(By S. Shivapathasundaram, Principal, Victoria College)

NO other part of Ceylon is likely to be so hard-hit by the daysonic hard-hit by the depression as the district of Jaffna. Money has been coming to Jaffna largely from the F. M. S., other sources being Government services in Ceylon and tobacco. These three sources of wealth and topacco. These three sources of weath are being blocked. There was a time in Jaffna when we sent out vegetable products to South Ceylon. But now we are getting them from the South. This shows that even vegetable cultivation does not pay and is being given up. There was a time when the Jaffnese were very industrious. The influx of money has made us idle and led us to expensive living. The first step that we must take to meet the depression is to give up high living and to return to plain living; a penny saved is a penny gained. I think it a penny saved is a penny gained. I think it was Benjamin Franklin who said that we paid more taxes to ignorance than to Government. There is a good deal of ignorance amongst us regarding the manner of living. I venture to give below the little that I know of it.

Food.

The body is composed of a very large variety of substances. When we work we lose energy and waste our tissues. The energy and the waste are met by food. Our food must therefore contain all the substances that constitute the body and must therefore include a large variety of food articles. I believe the Jaffnese are the only people whose food consists of very few varieties. Day and night we eat nothing but rice, which the authors of the well known text-book of Hygiene used in Jaffna schools call "famine food." Even now, in schools call "famine food." Even now, in some of the agricultural villages rice is called Gracuffer p because they use rice only occassionally; and they are right. They largely use Varahu, Sami, Thinai and Kurakkan. Varahu is used by civilised Jaffnese only when they get diabetes, the offspring of civilisation. These grains configuration of the components of varying character and tain components of varying character and their use will give bodily health and serve to cut down our expenses. The fall in the price of paddy has considerably lowered the price of these grains and discouraged their cultivation with the result that lands and cultivaters are lying idle.

Value of Food Articles.

Many of us also do not know the value of the food articles we use. There are some who think that their real food is rice and the curries serve no purpose other than making the food palatable. The consequence is that some take only chilly-paste along with rice. This is a great mistake. The body requires five kinds of food-stuffs viz. fleshforming stuff, sugar, fat, acids and mineral substances and vitamins. Of these, rice supplies mainly sugar and little of flesh-forming substances. Polished rice is not valuable as been which contains vitamin B substances and vitamins. Of those, free supplies mainly sugar and little of flesh-forming substances. Polished rice is not valuable as bran which contains vitamin B is rejected; what we require are the pulses. The best of these is dhal. (***aratheraction**). It contains a large percentage of flesh-forming substances and brainfood. All the pulses contain vitamin B. Pulses must be taken if possible at all meals. Coconut contains a large quantity of flesh-forming substance, some sugar and fat in an assimilable form. All oils are fats but have to be made assimilable in the intestines. The fat in coconut, milk and butter are immediately digestible. Milk is an important article of food containing much nutritious substance besides Vitamin A. Milk should not be boiled for a long time. Stirring of the milk and keeping it open deprives it of part of the vitamin. Coconut is the cheapest form of fatty food that we can get. Milk can be got with little cost if every house has two or three cows and grows some guinea grass.

Vegetables and fruits contain vitamin C along with other vitamins. Plantains and cheapest and best. These centain several juices that are helpful to direction.

Green leaves contain vitamin D and cost us nothing. A balanced food must therefore include any one of the grains, rice, varagu, dhal by preference, some animal food as wegetables or fruits and leaves.

Past Regrets and Future Hopes.

Continued from page 1 approving of the Ordinance Rule in India. approving of the Ordinance Rule in India. He is in the pulpit preaching military conscription. He is everywhere in the great halls of the Empire, giving advice, giving interviews to the Hungry Press and helping to see that sun nover sets on the Empire. Religion is not what you do with your selitude; religion is what the Imperialist and the Money-King make of this world. God the Money-King make of this world. Go

Woman, Yes, Vassili Verestchagin, the painter of "The Pyramid of Skulls" fame says that "in France, generally speaking, the woman is a pendulum which oscillates between the toilet and the Church." The Eastern woman is, perhaps, a passive pendulum swinging between the kitchen and her biological destiny. Man is not yet

The Beggar and the Prostitute: Regrets?

And then what? Any more regrets? That Pockets, while life around is withering away. The Hopes.

What are the Hopes?

That man would be considered more than a mere phantom, that man would be more important than money.

That life would be understood to be a process. Life is a process; it is a movement. Religion ought to be a process or it will be a mighty bindrance; education cught to be a process or it will be a Goose-step; politics ought to be a process or it will be a trap.

The White Man's Burden: That the White Man's Burden would be lifted off his shoulders, that the East would cease to be the Dinner-Table of the West, but would be a comrade in a common adventure. The White Man's Burden has been the coloured man's agency. agony.

man's agony.

That the world will see a New Democracy. Dr. L. P. Jacks suggests that the new Democracy is going to be the rule of "the valiant, for the valiant, and by the valiant, with a fire on the right and on the left a deep water!" An un-theatrical democracy, which knows no race prejudice, or passports, and customs duties, a democracy which is broadbased, not on other peoples' starvation, but its own inner strength and on a belief in human personality, a Democracy which governs itself and not attempts to govern others. A Democracy which is of the Soul and not of Bones. A Democracy that knows its fallibility. Aconscious, energetic Democracy.

Asiatic League of Nations.

Asiatic League of Nations.

That man will realise that "the profession That man will realise that "the profession of Man" is crowded to suffocation. The Boy in Thomas Hardy's Jude the Obscure says; "We are too many; it were better if some of these people had never been, and a few hanged outright; go to, now let us reduce the population!" That we will be very wary about the little things that come and knock at the door of life in human shape,

door of life in human shape,

That ere long the world will see an insurgent, vital Asia and a chastened, humbled West. Asia shall kick if this "judicious bleeding" as the Marquis of Salisbury very very honestly put it, does in stop. The Hope of the Future is a strong, conscious Asia. Asia has been the Light of the World, Asia shall be the Light of the World. The awakened Soul of Asia pitched against the Machine-Gun of the West. This is not mischief. It is the Truth. An Asiatic League of nations with a new message, and sitting in the Conferences of the world!

And a free India—which means a free Asia

And a free India—which means a free Asia and a freed world.

English Penal Methods Yesterday and Today

Continued from page 1

Continued from page 1
reform is necessary. Corporal and other
punishments (like being put on refractory
diet or having to sleep without a mattress)
should be done away with. Probation
should be more widely used. Psychological clinics like that at Moll in Belgium
should be established. Changes in the
treatment of remand prisoners are necessary. More self-government may, with real
advantage, be introduced. Privileges like
those at Sing Sing will make prisoners more
human and fit them to take their place in
the world outside. the world outside.

The indeterminate sentence is another ary necessary reform in the treatment of

On the whole, the English Prison system with all its drawbacks is one of the great adventures of the modern world in the treatment of law-breakers.

Agriculture and Revolution.

Mr. S. Ambikaipakan writes:

Mr. S. Ambikaipakan writes:

WE must be thankful to Mr. T. C. RajaRatham for having started a discussion on the important subject of revival of agriculture. For it is on the idealogy that the success of a movement and the form it takes depend. This has been proved by history. The French Revolution had for its bed-rock the triplefideas of Fraternity-Equality and Liberty. The American war of Independence was fought on the principle of "No Taxation without Representation." The Russian Revolution was inspired and sustained by the idea of economic equality. Those [Revolutions had no scruple about the means employed to achieve their end. They, in fact, thought that the end justified the means. But recently we have been witnessing a revolution which paid as much attention to the means as to the end. It has a clear-cut method. I refer to the Indian Revolution. Thus no student of history can deny the value of an idealogy.

We in Ceylon are just trying to build up our industries and therefore we have to think deeply before we launch upon any work. We must have definite plan for achieving our aim. In doing so we must not forget to take lessons from history.

What we are concerned with at present is the economic future of our country. We

What we are concerned with at present is the economic future of our country. We want as far as possible to be economically independent of other countries. I do not know whether people understand the implications of the above statement. It means that a revolution has to be brought about in our present economic system. At present that a revolution has to be brought about in our present economic system. At present people all the world over are producing not for consumption but for profit. It is this which has made the Ceylon Government pay more attention to Tea cultivation than to Paddy cultivation. It is this which has converted England which was once an agricultural country into an industrial country. It is this that has induced the manufacturers of New York to produce luxuries such as a coffin for the pet-dog of the wife of a millionaire when children are dying of starvation in the neighbourhood. This is the greatest evil which has produced most of the wars of recent times. Many people do not realise that it is the idea of producing for profit that has brought the world to the present state. They also do not understand that it is the cause of Imperialism which has made us slaves of Great Britain.

If on the other hand, we produce for con-

If on the other hand, we produce for consumption, we shall only produce goods which we urgently need and it may be that we have some surplus left over. This surplus we shall exchange for goods which we cannot produce.

plus we shall exchange for goods which we cannot produce.

The Socialists understand this great defect in the present economic system but they have not the courage to work it to its logical conclusion. How else is one to explain the attitude of the English Socialists, of the German Socialists and of the Russian Communists towards foreign trade? All these people are running neck to neck to capture as much of the foreign trade as possible for themselves. So we cannot expect the Socialists or the Communists to bring in a new era for the world. But we have in the person of Mahatma Gandhi, a man who preaches and practises this principle and I think, the future of the world hes in accepting the principle of producing for consumption and working it to its logical conclusion.

accepting the principle of producing toconsumption and working it to its logical
conclusion.

Equally important is the difficult question
of industrial organisation. This is a very
important problem, for the character of a
people is mostly determined by the organization under which they live. Most of the
advocates of large-scale production claim for
their system that will it provide ample leisure
for the workers to devote to higher pursuits
such as religion, art, literature etc. But let
us examine what it has actually meant to
the labourers. When machinery was first
interoduced there was the philosophy of
Laissez faire which said that each worker
left to himself will be able to look after
his own interests best, and there was no
necessity for state interference. But as
years went by, the horrors of the factory
system became apparent and it was clear
that the capitalist left to himself would never
look after the interests of the labourers and system became apparent that the capitalist left to himself would never look after the interests of the labourers and that their interest were antagonistic. Public opinion forced the hands of Government to remedy the evils of the factory system by a number of factory laws. Not satisfied with what Government had done for them, the 1-bourers formed unions of their own to look after their interests. Through these unions they tried to persuade the Government to accede to their demands; where they failed they organized strikes. The Government used all the power in its hands to put down strikes. Now we find that labourers want to capture the Government for themselves. It is this that has led to the vise of Socialism, Guild Socialism, Syndicalism and selves. It is this that has led to the Fise of Socialism, Guild Socialism, Syndicalism and Communism. Under these forms of Gov-eanment, the State shall be the awar of all the capital. In capital, is included land, This means the State shall be the master

NEWS AND NOTES.

It is understood that Sir Wilfrid Woods, the sunderstood that Sir Wilfrid Woods, the Financial Secretary, will be going on leave shortly after the State Council has completed the Budget for the next finan-cial year. Mr. C. W. Bickmore, it is stated, will act for Sir Wilfrid in his absence.

"My plan is to wander about the world "My plan is to wander about the world and spread the truth about India" said Mr. Vithalbhai Patel, ex-President of the Legislative Assembly to a press representative in Paris. He plans to visit England and then Ireland and the United States. He ascribed the Bombay rioting to the British forming a wedge between the two communities.

A meeting of the Muslim Political Conference was held at the Chambers of the Muslim League last week with Mr. T. B. Jayah in the chair. The meeting was B. Jayah in the chair. The meeting was in favour of identifying itself for Dominion Status with certain rights reserved for the common good of all communities but no decision was taken until azother joint meeting of the Political Conference and the Central Council of the Ceylon Muslim League was held.

It is understood that in future the award of University Scholarship by the Government will be delegated to the Principal of the University College, Colombo, and the Director of Education who has been discharging the duty will be relieved of it. It is proposed that from the next financial year the Principal of the University College will discharge this duty, except in the case of Scholarships in Agriculture, Forestry and Engineering for which as usual candidates will be selected by a Committee appointed for the purpose. appointed for the purpose.

and all the workers the servants of the State. We have an example of this in Soviet Russia and we know what it means to the people. The Communists hold, though they do not actually say so, that man exists for the state and not the state for man. People are forced to do things against their will. Their lands have been confiscated. Freedom of speech and writing suppressed. Religion is regarded as the opiate of the people. Works of art demolished. In fact they do everything which they think is in the interests of the state without caring what it means to the people. So we have seen the effect of capitalism and and collectivism on the workers. I am sure his position under any of these systems is not enviable. his position not enviable.

not enviable.

Again machinery means heavy costs and so the labourer cannot afford to buy them. Either the capitalist must buy or the State must buy. If either the capitalist or the State becomes the master, we have seen what an adverse effect it will have on the record.

people.

Further large scale production in agriculture means large-tracts of land. These tracts must be owned either by the State as in Russia or by capitalists as in U. S. A. and we know what it means to the people. They become mere hewers of wood and drawers of

we know what it means to the people. They become mere hewers of wood and drawers of water.

The social effects of large scale production such as irreligion, class war, and the disruption of the family system are too numerous to be detailed here.

The agriculturist himself is not prepared to forego his independence for the sake of large-scale production. He prefers to maintain his individuality as a peasant proprietor rather than lose it by becoming a collectivist. This has been proved in Russia.

So what we must aim at is to have a contented, well-fed and educated peasant proprietor class. Whatever improvements must come from within. The educated men must enlighten them as to their defects and must help them when they are in need of help. If any thing is forced upon them without their will it will not last long. This has been proved to be so in the Punjab.

Mr. Brayne, (a District Commissioner of a district in the Punjab) tried to make the agriculturists better by forcing certain improvements upon them. As long as Mr. Brayne was in the district, people for fear of him, did everything hut when he was transferred the whole scheme collapsed.

We must investigate into the wants of the agriculturist and try to meet them. The greatest need of the agriculturist is credit and to meet this demand we must start Cooperative Credit Societies. Then we must make all the agriculturists members of these societies. Every improvement can be carried through these societies by mutual descussion.

The farmer is not always busy. During this rainy season he is almost free. There

carried through these societies by mutual descussion.

The farmer is not always busy. During the rainy season he is almost free. Therefore, we must start some cottage industries such as spinning, weaving, dairy-farming, and these will provide him additional income.

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Printed & published by S. ADCHALINGAM, residing at Aiyanarkovilady, Van: West, Jaffus, for and on behalf of the Proprietors, the Saiva Paripalana Sabhai, Jaffna, at their Press, the Saiva Prakasa Press, Vannarponnai Jaffna.