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ingly after the day is past (18); their heart is free from ill feeling or

Canto IV Tiruverakam

This canto mentions the charact

eristic qualities of the officiating Brahmans, and the method of their worship of God Murukan. These Brahmins appear to have belonged to a Brahmacharya Achrama.

to a Brahmacharya Achrama.

These Brahmans do not swerve from the path of their six-fold duties (24); they are of a high and antique descent from both father and mother (25); they have spent the forty-eight years of their life 10 the practice of Vedic rites, in the teaching of Dharma, and in tending the three sacrificial fires (26); they wear the

பலவுடன் சுழிர்த வுண்டியர்..... 130, 131. இசலோற

தாம்வாம் பாகிய தூமையர்...... 188, 184.

காமமௌ க கடிஞ்சினல் கடிர்த காட்சியர்134, 135.

தனிதில் காட்சி முனிவர் முற்புக 136, 137.

(24) இருமூன் நெய்திய வியல்பினின்

(25) இருவர்ச் சுட்டிய பல்வேறு தொல் (26) அறசான் செட்டி யிளமை சல்லி

யான் டொறினிற் கழிப்பிய வறனவில் கொள்ளை மூன்றுவகைக் குறித்த மூந்திச் செல்வத்து.....179, 181.

@Bibenu வியல்பினர் ...185, 186.

Cualifi

வழாஅத.....177

131, 132,

செற்ற கீக்கிய மணத்தினர்

(20) கற்றே ரியா வறிவினர் சுற் ஜேர்க்குத்

THURSDAY, JAFFNA.

JUNE 20, 1935.

Phone 56. PRICE 5 CTS.

Studies in Tamil

Tirumurukattuppadai

By S. R. Muttukumaru

rear (24)

Canto II Thiruchiralaivai

THIS canto mentions the qualities of the elephant (\(\Omega_{\omega_{\

chinalwai.

The first face sheds rays of light on the world enveloped in darkness (*); the second grants boons to his loving dovotees (*); the third pretects the yajnas performed by the Erahmans according to the Vedic rites (*; the fourth, like the full moon, illuminies the world, and teaches the secrets of the Vedac to the Rishis, and thus clears their doubts (*); the fifth performs the war sacrifices, after crushing the hostile hosts (*); and the sith smiles with love on His young highland Bride. (**)

Ind Bride. (11)

The twelve hands also play according to their respective faces (12), and thus rests God Murukan in the famous Tiruchiralaivai praised by the world (13).

Canto III. Tiruvavinankudi:

This canto gives a very good description of the Munis or Yogis who worship God Murukan in His Nirguna form, and of an aerial

Nirguna form, and of an aerial procession of Gods and Goddesses of surpassing beauty, who come to pay homage to the Lord and to solicit a favour at His hands.

These great seers or Munis These great seers or Munis are clad in garments of bark (14); they are crowned with spiral braids as white as the right-twisted conch (15); their persons are clean and bright by frequent baths (16); their bodies, lean and bony, owing to constant fasting, are covered with deer skins (17); they feed themselves spar-

- (6) மாயிருண் ஞால மறவின்றி வினங்கப் பல்கதிர் விரிக்தன்று.........91, 92.
- (7) ஆர்வல ரேத்த வமர்ச்தினி தொழகிக் காதலி னுவக் அவரங்கொடிக் கன்றே93, 94.
- (8) மர்தோ விதியின் மாபுளி வழாஅ வர்தணர் வேள்வியோர்ச் கும்மே 95, 96.
- (9) எஞ்சிய பொருள்ளின் யேமுற சாடித் இங்கள் போலத் திசைவினக் கும்மே
- (10) செறுகர்த் தேய்த்துச் செல்சம முருக்கிக் சுறவுகொ ணெஞ்சமொடு சனம் வேட்டண்றே.....99, 100.
- (11) குறவர் மடம்கள் கொடிபோ னுசுப் மடவரல் வள்ளியொடு ககையமர்க் தன்றே.....101, 102.
- (12) பன்னிகு கையும் பாற்பட வியற்றி
- (13) உலகம் புகழ்த்த வோங்குயர் விழச்சி சூலையச் சேறலு நில்இய பண்பே.
- (14)சீரை தைஇய வுடுக்கையர்......124, 125, 126.
- (15) வலம்புரி புரையும் வானரை முடி யினர்.....127.
- (16) மாசுற விமைக்கு முருவினர்...128.
 - மானி வரினை தைதுய ஆன்கெடு மார்பி என் பெழுக் தியந்து மீயர்க்கையர்128, 130.

Ceylon Congress and Reforms

MEMORANDUM TO SECY. OF STATE

Limiting Governor's Powers

At a meeting of the Executive Committee of the Ceylon National Congress held on Monday, it was decided to forward a memorandum to the Secretary of State for the Colonics embodying the following resolutions passed at the last session of the Congress: of the Congress:-

"The present Constitution having been given a fair trial the Ceylon National Congress is of opinion that it requires amendment in the following respects:

- (a) The State Council to have complete control of the finances of the Colony;
- (b) The removal of the Officers of State and the substitution in their place of Ministers responsible to the Council;
- (c) The appointment of a non-official Public Services Commission;
- (d) A sufficient limitation of the reserve powers of the Governor;

It was decided to have a special session of the Congress in August to nominate candidates for the next State Council general election.

MALAYALAM TOBAC-CO SALE SOCIETY

A Public Meeting

With a view to securing public support for the more efficient working of the Jaffaa Malayalam Tol acco Sale Society, a public meeting will be held on the 29th instant at 5 p.m. on the Jaffna E planade Mr. W. Duraiswamy will preside Messrs. T. C. Rajaratnam, T. N. Sabbiah and K. Ponniah, will speak on the present position of Malayalam trade.

sacred thread of three triple brands (27); and, wearing wet clothes after a bath, they repeat with locked palms over their heads the secret mantra of six letters, and offer sweetsmelling flowers at the appointed times (2st); and our Lord highly plea-sed doth dwell at Tiruverakam (2°).

(The second instalment of this article appeared in the "Hindu Organ" of June 3, 1935.)

(27) இருபிறப் பானர் பொழுத்திக் த வெளன்பத கொண்ட மூன்ற புரி தன்ஞாண்.....182, 183.

(28) புலகாக் காழகம் புலக வி. உற யுச்சிக் கூப்பிய கையினர் கற்புகழ்க் யுச்சிக் கூப்பம் தாறெழுத் தடக்கிய வருமறைக் கேன்வி சாவியன் மருங்கி ணவிலப் பாழ விரையு**ற** சறமல ரேச்தி..... 184, 185.

பெரி தவர் சோகத் துறைகலு முரியவ்

THE FOOD VALUE OF FRUITS

SUGGESTIONS FOR BALANCED DIE

By G. Jogiraju

(Assistant Director of Agriculture, Vizaya,

(Special to the "Hindu Organ")

FRUITS and roots appear to have been the main food of our Rishies in cld days. There must have been a time when wild fruits and roots formed the main food of a large proportion of human beings. Modern science also recognises the value of fruit in human diet, especially since the discovery of vitamines.

Indian Evite.

the discovery of vitamines.

Indian Fruits

Indian fruits have not yet been studied sufficiently well to enable the presentation of any reliable data as to their dietetic value. The same species of fruit may vary in composition according to the variety, as well as the environment, natural or cultural. I shall however try to give an idea of the food value of some of the fruits we grow in this presidency, from the data I could gather from various sources, Indian and foreign, during the past 10 and foreign, during the past 10

Proteid in Fruits

Fruits, like cereals, are mostly a carbohydrate food, this ingredient forming more than 4/5th of the dry matter. The coconut, (taking the half ripe one as a fruit and not as an oil seed) and the Avocade pear are the two exceptions, in which carbohydrate is less than half the total dry weight. In these two, fat predominates containing about onetotal dry weight. In these two, fat predominates containing about one-fourth or less, in the Avocade pear the proteid matter is also high. Plantain and coconut are other fruits in which the proteid matter approximates that of cereals on the dry weight basis. The durian, the cherimoyer, the custard apple, the jujube, sapota and jack have a fair percentage of proteid matter. The others are poor in this. Most of the fruits, excepting coconut, and the Avocade are very poor in fat.

Vitamin Content

In the general mineral extent, the palmyra, the durian, the Avocado, and the sapota are high. The orange, pomelo, and the tomato and pineapple are rich in phosphorus and iron. Tomatoe and pineapple contain fair quantities or Vitamin A. Coconut, tomato and pineapple contain fair quantities or Vitamin A. Coconut, tomato and pineapple contain fair quantities or Vitamin A. Coconut, tomato and pineapple contain fair quantities or Vitamin A. Coconut, tomato and pineapple contain fair quantities or Vitamin A. Coconut, tomato and pineapple contain fair quantities or Vitamin A. Coconut, tomato and pineapple contain fair quantities or Vitamin A. Coconut, tomato and pineapple contain fair quantities or Vitamin A. Coconut, tomato and pineapple contain fair quantities or Vitamin A. Coconut, tomato and pineapple contain fair quantities or Vitamin A. Coconut, tomato and pineapple contain fair quantities or Vitamin A. Coconut, tomato and pineapple contain fair quantities or Vitamin A. Coconut, tomato and pineapple contain fair quantities or Vitamin A. Coconut, tomato and pineapple contain fair quantities or Vitamin A. Coconut, tomato and pineapple contain fair quantities or Vitamin A. Coconut, tomato and pineapple contain fair quantities or Vitamin A. Coconut, tomato and pineapple contain fair quantities or Vitamin A. Coconut, tomato and pineapple contain fair quantities of cereals on the during the protein mineral contents mineral contents mineral care pullack fat and many of then undicated mineral sufficiently high in protein mineral predominates containing about one-

Vitamins.

Calorific Value

In the total calorific value, the coconut and avocado rank very high and equal cereals. Dried fruits such as dates, grapes, also equal to these. Of the others, the plantains, jujube, durian, the palmyra, the cherimoyer, the custard apple, strawberry, guava are of high value and equal to 1/8 the calorific value of cereals. Jack, lichee, guava, pomegranate, mango, sar ota, grape, rose apple, loquat, mangosteen, papaya, orange and pineapple are of medium value, their calorific value being \$\frac{1}{3}\$ to \$\frac{1}{4}\$ of that of cereals. Jamboo malaca, pear, kamrak, melon, and tomato are of poorer value, possessing 1/16 to 2/10 of the food value of cereals.

On Fruits alone?

of poorer value, possessing 1/16 to 2/10 of the food value of cereals.

On Fruits alone?

Can we live on fruit alone? This is a question often asked by some. Unless better data are available, this question cannot be satisfactorily answered. But from the figures so far available, it appears impracticable though not impossible to live on fruits alone. They are at present too costly compared with cereals, considering quantities of equal food value. Plantain is perhaps an exception but it is poor in minerals. Most fruits lack fat and many of them are not sufficiently high in protein. In the mineral contents, most fruits do not supply all the chief elements in the right proportion and to be able to get all that is wanted, very large quantities have to be consumed.

The Table

In the table below, is worked out the quantity of some fruits and other articles, which if taken alone will yield 2000 calones of energy, this being the approximote requirement of a man weighing 100 lbs. and doing fairly heavy work. The quantity of proteid fat, carbohydrate as well as the percentage requirements of mineral matter that the quantity will supply is worked out.

Statement showing the proteid, fat, carbohydrate and mineral content of some fruits and other food stuffs-for quantities yielding 2000 calories of energy.

Article.	Quantity in oz.	Approxi- mate No. of fruits.		. Fat.	Carbohy- drate.	Lime.	Phospho- I	lron.	
				in grains			its required bs body weig		Remarks,
Tomoto	333	100	66	10	423	233	233	333	-
Pine-apple	167	8	18	15	458	188	150	233	Fresh
Orange	167	32	42	5	448	333	83	67	fruits
Plantain	63	21	82	11	393	31	36	94	
Raisins	20		15	20	440	78	80	264	Dried
Figs	22	-	25	2	465	165	61	139	fruits
Rice	20	1000	46	2	451	12		111	
Wheat	20	-	76	11	399	74	178	178	Cereals
Red gram	20	N ds	108	8	376	126			& pulses
Groundnut	11	The state of	94	161	43	42	134	61	Access that he was
Almunds Coconut	10	-	65	169	55	110	108		Nuts.
(balf ripe)	19	21	19	173	91	7	58	5	
			(Cont	inued on	Page 3)				

CEYLON SAVINGS BANK

of the Bank will be word Chamber No.1 in the New Council Chamber No.1 in the New Council Chamber day June 28th, 1935, at 4.30 p.m. H. A. S. HAMER, Secretary.



Kindu Organ.

THURSDAY, JUNE 20, 1935.

FRUITS AND FRUIT GROWING

By COURTESY THE ASSISTANT Director of position to nagaran summary of t Show held ently. The offer ov his ad at Vi need for insumption are made in widely recognised, at least, among educated sections of the people. Prof. Jogranu analythe people. ses the food value of some of the fruits, cereals and nuts commonly grown in this district and points out the place of fruits in a balanced dietry for the masses and the

The development of fruit-growing in this country is one of the most promising lines of profitable farming, and an improvement in the efficiency of marketing methods will act as a great stimulus to such development. The inter-nal market for fruit is itself practically unlimited, while for many kinds of Jaffaa fruits a very profitable outside market can be developed, provided improved and up-to-date marketing methods are adopted. The drawbacks in the present system, in respect of production, grading, packing, trans-port and selling methods are certainly in need of great im-provement. These draw-backs are responsible for seasonal gluts in the local market tending to lower the price and deny the fruit grower a fair return. The sad story of an initial large scale attempt at marketing Indian fruits in Europe, should open our eyes to our woeful shortcomings in the matter of production, transport and marketing. The example of cold storage methods on ocean going steamers for perishable articles and the revolution effected thereby in the trade in such articles is an eloquent pleading for improved, cheap and efficient transport as about the best means for stimulating the trade in fruits.

The increasing imports at very low prices of not only exotic fruits, but of fruits like oranges, grape fruits and the like from India, Australia, South Africa and other countries threaten to remove this very profitable type of cultivation from the hands of the Ceylonese grower, while in respect of the purely indigenous fruits, trade can seldom expand beyond the immediate vicinity of the producing centres unless great improve ments come about in all the factors of the trade.

On the side of production, it must be stated that though fruits grown on Jaffna soil are sweeter than varieties grown elsewhere, no effort has been made to stimulate fruit-growing in the District. The Jaffna Fruit Growers' Associaton which was inaugurated at The Jaffna Fruit Growers' Associaton which was inaugurated at the Jaffna Kachcheri a couple of years or so ago by Ma. K. Bajansingitax does not seem to have survived infantile convulsions. It may be interesting to note in this connection that the demand for

fruits is steadily growing and steps are being taken in every country to stimulate fruit-grow-ing. It is our duty to enable the local grower to exploit his oppor-tunities to the full. The Associ-ation must be revived for the purpose of educating fruit-grow-ers of the district in methods of increasing production and market-ing by the publication of leaflets ing by the publication of leatlets and bulletins. It should be the duty of the Association to collect information regarding the work of similar Associations, if any, in other parts of the country, to organise primary Associations in tural areas for the attainment of rural areas for the attainment of the common objects of the Association, and to offer facilities for such Associations for the grewing and marketing of fruit, to compile arrange with the statistics, to arrange with the for easier and quicker transport of fruit and to find suitable and profitable markets for fruit.

There are immense possibilities in the direction of fruit-growing in Jaffna. Addre-sing the Vada-marachchi Youth League in 1930, Mr. K. BALASINGHAM said with reference to some local fruits.:

Mangoes grow on every kind of soil. It is perhaps the hardiest of tropical fruit trees. It requires no water once it is well set. A fruit of the best variety in Jaffaa sells at the tree at ten or twelve cents and there are trees which have been leased for Rs. 200 each. But even at Rs. 15 a tree the Jaffaa Peninsula can produce mangoes to the value of 16 million rupees per an num if four good, grafted trees are planted to the acre. There is hardly a dwelling compound where some cannot be planted without displacing any existing cultivation. That variety that keeps longest without rotting should be selected. In an orchard 75 grafted trees can In an orchard 75 grafted trees can be planted to the acre. There is no difficulty in converting some dwelling compounds into orchards. A small yield can be expected from the fourth year onwards and after the 12th year the bad plants may be eliminated to give room to the good ones. Good Mauritius and Kew pines which require some shade in dry districts may be planted under the mangoes. A note about the Peradeniya Experimental Garden gives the yield of a quarter acre at about Rs. 200. The value of canned pineapples exported from Hawiian Islands with less than twice the size of the Northern Province was 120 million rupees last year and from Malaya 14 million rupees.

Jaffna pineapples have an excel lent taste. A million rupees can be obtained from pines planted as a subsidiary crop in odd bits of land even on rocky soil or under some existing trees. Those who have tastattle that in the land of the existing trees. Those who have tasted the imported oranges which sell at 20 cents or 50 cents each, know that there is no orange to beat the good Jaffns orange. Grafts of excellent orange and grape fruit trees should be planted as much as in South Australia where there is one orange tree for each head of population.

To reproduce in our, midst the conditions prevailing in countries smaller in size and population than this province we need energy, enterprise and initiative. Will our educated young men respond?

Personal

Dr. J. S. Amerasingham, Medical Officer, Vavuniya, has been trans-ferred to Kandy, and his place has been filled by Dr. S. Thurayappab, a retired officer.

The State Council

TERM OF OFFICE EXTENDED

Order - in - Council Promulgated

Order-in-Council extending An Order-in-Council extending the life of the State Council was published in a "Gazette" Extraordinary issued on Tuesday.

Power is given under this Order to the Governor to extend the life of the State Council, if necessary, till June next year.

The Order-in-Council, states:—

till June next year.

The Order-in-Council, states:—

1. This order may be cited as "The Ceylon (State Council) Amendment Order-in Council." It shall be published in the Ceylon Government Gazette and shall come into operation on the duta of such publication.

2. Article 19 of the Ceylon (State Council) Order in Council, 1931, is hereby revoked as from the date of the coming into operation of this Order, and from and after such date the Ceylon (State Council) Order in Council, 1931, shall be read and construed as if the following Article had been inserted in place of Article 19 thereof:—

"19. Unless the Council shall have

Unless the Council shall have been previously dissolved under Article 18 or Article 69 of this order, the Governor shall dissolve the Council by Proclamation in the Government Gazette on such date either upon or after the expiration of four years Gazette on such date either upon or after the expiration of four years from the completion of the last preceding general election, as shall seem to him to be most convenient to enable the polling of votes at the ensuing general election to take place in or about the month of January. The date upon which the Council may be dissolved under this Article shall not be earlier than the expiration of four years, nor later than the expiration of five years, from the completion of the last preceding general election."

CEYLON MEMBER IN SELANGOR STATE COUNCIL

Mr. J. R. Vethavanam

Mr. J. B Vethavanam I. S. M. has been appointed to be a member of the Sclangor State Council during the absence on leave of the Hon'ble

Mr. S. N. Veerasamy commencing on the 1st March, 1935.

Mr. Vethavanam is a retired Engineer of the Railway Construction Department, F. M. S. and a brother of Mr. J. N. Vell sames District L. Mr. J.N. Vetl avanam, District Judge,

YET ANOTHER MURDER

Chinaman This Time

It is reported, but confirmation is not available that last week a Chinaman hawker, was done to death at Erlalai and buried under-ground, and straw was stacked over

the spot to avoid detection.

The Vidhan of the village, however, obtained information and it is reported some arrests have been

KOMPAYAN MANAL CREMATORIUM

More Facilities

The Secretary of the Crematorium Committee informs us that provision has been made in the premises to offer fire-wood and ready-made pyres at cheap rates for the convenionce of funeral parties.

The Committee has also decided to provide wooden biers for the convenience of the public.

LETTER TO THE **EDITOR**

A PARK POR JAFFNA.

Sir,—A park seems indispensable to Jaffna Town, which is ranked as the second in Ceylon in respect of population and education. Taking the number of colleges and schools into consideration, it is of vital importance for the school going population of Jaffna and the general public that they should possess a park for recreation and pleasure. Even as readscanals grass-works and water works, are classified in economics as the wealth of a nation, so parks too are considered as wealth belonging to the nation.

In North Ceylon one does not come across parks, such being the case all Jaffoese should try to open a park for Jaffoese should try to open a park for Jaffoe town. Its utility can never be over-estimated. Among the outstanding parks in London are the Hyde Park, Regent's Park, and Green Park. All these are very useful to the Lon public.

don public.

Madras is proud of its People's Park which is a source of much convenience and enjoyment to the Madras public. People look forward to the annual festivities connected with the Park Fair which is held regularly in People's Park during X'mas week. When I first witnessed the exhibitions in the Park Fair I was very much taken up with the wonderful and gorgeous illuminations of a great variety of lovely colours. Just because there is a very spacious park in Madras, it provides facilities for the thousands and tens of thousands of people to participate in the festivities people to participate in the festivities of the Fair.

In the Mysore State, which is on of the most progressive States of India, is a beautiful park City, the capital of Mysor sides which the is arreary park in Ban Cit Lat Bagh. T)

Diwan seem to interest in the page din the centre of ed with glasses and ed with glasses and inviting people to re serviced feet for a while. Then are the coses which are grown in more than a thousand flower pots and are greatly admired by the visitors.

Besides the roses there are a great variety of flowers. The lovely shady trees add to their beauty.

An annual event which takes place very regularly is the Flower Show, which attracts crowds of people to Lal Bagh. The Sunflower, carnations, Chrysanthemums, Liotus, Lilies, O.yanders, Roses, Jasmines and a great variety of many other flowers that are displayed are the best that are available in Bangalore. Visit ors admire the grandeur and splendour and the immense size of the flowers. the flowers.

the flowers.

The Cubbon Park is situated in Bangalore Cautonment. This is also a worthy Park containing different species of trees, ferns and flowers. This park is especially frequented by soldiers belonging to the different regiments which are stationed in Bangalore Cantonment Apart from the soldiers, the general public of Bangalore, congregate there especially on Saturdays as the public are entermined with music. A public hibrary also is located in Cubbon Park for the benefit of the people.

Calcutta possesses several parks, so

Calcutta possesses several parks, so

Coming to Ceylon we find that three parks exist in Colombo, namely Victoria Park, Campbell Park and Price Park Recently much improve-ments have been introduced in Victoria Park by the municipal authorities.

Park by the municipal authorities.

The residents of Colombo and its visitors generally go to Victoria Park for recreation and amusement. Kandy is fortunate in possessing a park called the Wace Park which contains shady trees, flower gardens a lovely fountain and seats for use of the public.

Diests of all religious and denomi-

Priests of all religious and denominations go to parks for meditation and also for the purpose of preparing their

Students frequent parks for relax-ation after very hard work or for studying hard prior to public examina-tions. Botany students congregate in parks to collect rare specimens to help them along in their Botanical studies

Although Jaffna is acknowledged to be the second town in Ceylon, yet the loading men of Jaffna have not taken

A Militant Missionary

Protest Against State Control of Education

"For the sake of your rights we are fully prepared to fight this battle. We shall show them that we are made of steel. They may bend us, they may break us, but we shall made of steel. They may bend us, they may break us, but we shall still fight with the bilt of our broken sword," said the Bishop of Galle, at the prize-giving at Aloysius College last week, criticising the educational college of the Government policy of the Government, and endorsing the protest of the Rector of the College, against State control of education

The Rector of the College, in his address said: -

address said: —
"Quite recently a gentleman, long connected with the Education Department in a responsible position, confidently declared that the time would come when the State would alone control all education in Ceylon. His view of the matter was that, as the State spent large sums of money on education, it was only fair and just that it should have more and more control, nay complete control, of the schools.

"On the face of it, this was bad logic and bad mathematics as well. Admittedly, the managers of assisted schools and the State are partners in the running of such schools, and share the burden of expenditure. The the burden of expenditure. The State, then, cannot claim sole manage.

ment.

"But we must protest against the threatened State monopoly on higher grounds. We refuse to surrender to the State the sacred rights of parents and of individuals on more fundamental principles. The theory is advanced in some quarters or at least the implication is admitted that the State ought to be supreme and its rights superior to those of the family and the individual. We are not ready for such dangerous and subversive doctrines. We refuse to bow down and worship the State as an idol

SAIVA PARIPALANA SABHA, JAFFNA

Annual General Meeting

The Annual General Meeting the Saiva Paripalana Sai hai, Jaffna will be held on Saturday, the 22nd instant, at 4.30 p.m. in the Jaffna Hindu College Hall.

Matrimonial

PARARAJASINGHAM-ADCHALINGAM

The marriage of Mr. K. Pararaja-The marriage of Mr. A. Paranas-singham, son of the lete Mr. K. Kandiah of Nalloor, with Miss Saradambal, daughter of Mr. S. Adchalingam, Manager, "Hindu Organ" Press, was celebrated yester-day at the bride's residence at Vannarponnai.

Park in order to beautify our Town. A Park for Jaffan is urgently needed. Once a Park is founded it will be a great bleesing to the people of Jaffan and a source of much happiness. The present Old Park of Jaffa is the private property of the Government Agent, as such when occasions arise for school g ris to be taken to the Old Park, permission has to be obtained previous to taking the school girls there.

Land adjoining the Old Park or any suitable piece of land in the heart of the town will be a desirable place for a Park for Jaffna.

As the utilities of a Park are many I appeal to the Jaffna Public to persuade the Urban Council members to take this matter into their consideration so that Jaffna may be blessed with a park without any delay which will greatly contribute to raise the prestige and reputation of Jaffna.

Yours etc.

(Miss) S. Sarawanamuttu.

CEYLON'S FRUIT **IMPORTS**

Rs. 434,645 Worth of Fruits in 5 Months

Fresh fruits to the value of Rs. 129,154 were imported by Ceylon in the month of May alone. Of this our bill for apples and grapes alone amounts to Rs. 125,130, and the balance for other fresh fruits.

For the 5 months ended May, the total value of fresh fruits imported is Rs. 434,645, apples and grapes alone costing Rs. 373,610.

Australia is the largest supplier of apples and grapes, the value of her

apples and grapes, the value of her share of the imports of these fruits is Rs. 301,235 out of a total of Rs. 373,610.

Rs. 373,610.

The other countries which supply us fruits are:—Union of Safrica, Japan, Spain, United States of America, British India, Cyprus,

ORIENTAL MEDICAL HALL, JAFFNA

Govt. Recognition for Grand-in-Aid

The Oriental Medical Hall, Chiviateru, Jaffna, has been recognised a a Government grant-in-aid Ayur a Government grant-in-aid Aym vedic Dispensary. It is very eigently managed by a representative Board with the Rev. Dr. T. Isaa Tambyah as President. Dr Alajanavagam, L. I. M. (Madrasi Honorary Medical Officer-in-change Free treatment is given to the pot and the Dispensary serves a wid area comprising Chiviateru, Colon bogam, Nallore and the adjoicing areas

Palar-Gnanothaya-Sangam, Myliddy-South

12TH ANNUAL GENERAL MEETING

The 12th Annual General Meeting of the Palar Gnanothaya-Sangam of Myliddy-South was held on the 8th inst. at about 4 p.m. in the Sanga-Vithiasalai Hall under the presidentabip of Mr. S. Kandayanam, Vice president at 6.30 p.m. 44

president.

Later at 6.30 p m. the meeting again began under the Chairmanship of Swami Uruththirakodeeswarar with the singing of Devaram. Messrs. T. C. Rajaratnam Proctor S. C., K. S. Arul-Rajaratnam Proctor S. C., K. S. Arul-nandy M. Sc. Divisional Inspector of Schools, Jaffna, Thikkam C. Chelliah-pillai and S. Natesan M. S. C. deliver ed lectures on "Agricultural Improve-ment" "Aims of Education" "Hindu-ism" and "Ramayanam and Ceylon" respectively.

Resolutions

The following resolutions were also passed in the meeting:—
To promote the financial position of

the villagers and to give work to the unemployed, a workshop for the production of different kinds of articles from palmyrah products, be opened in this locality with the help of the

Government.

That for the safety and convenience of the public, it is highly desirable that the Ministers concerned and the Government Agent of this Province Government Agent of this Province be again requested to reconsider the memorials sent to them by the Work-ing Committee of the Sangam regard-ing the appointment of a Police Vidhan for Myliddy-South and Varu-thalaivelso, opening of a Dispensary and Sub-Post Office in this locality, providing maternity ward at Kanke-santurai Dispensary, and construc-tion of flood channels. This Sangam condemns the action

tion of flood chaquels.

This Sargam condemns the action of the State Council, for having given is a consent to impose high import duty on paddy imported to Jaffna, as the people of this locality will be affected very much by such imposition, and prays His Excellency the Governor not to give his assent to the resolution passed by the State Council. The meeting then ended at about 10 30 p.m. with a vote of thanks to the Chairman and the speakers and singing of Theyaram,

THE FOOD VALUE OF FRUITS

(Continued From Fage 1 Fruit Diet

Fruit Diet

Of fruits, the most well balanced is the tomaty, which alone appears capable of sustaining man without any deficiency, but a man weighing 100 ibs. has to consume nearly 7 vises daily, and it is doubtful if the human stomach can manage this bulk conveniently. The apples approach this, but lack proteids Orange lacks proteid, phosphorus and iron but are rich in calcium. Plantain lacks all finingral foods except perhaps iron. The deficiencies tam lacks all finneral foods except perhaps from. The deficiencies which may arise by taking a single kind of fruit may be remedied to some extent by a suitable combination of different kinds. But even then it does not appear possible to find suitable combinations throughout the year which yield all the food materials required. Fruit however may form

the main article of food, provided balf a pint of milk or curds and two cunces of rice polishings per 100 lbs. bedy weight are taken in The Common Fare

The Common Fare

The safest and the most feasible course, however, appears to be the replacement as far as possible of rice or wheat in the usual diet with fruit of equal caterific value, all kinds of these being taken according to their availability. The usual Andhra diet consisting of rice, dhall ghee, curry and butter milk appears to be very good provided they are taken in the right proportions with the addition of some fruits. More dhall, curry and butter milk are to be taken than usual and some rice substituted by fruit. and some rice substituted by fruit. A suitable ration for yielding the requirements of a man weighing 100 lbs. and doing moderate physical work is given below:—

	Protied.	Fat.	Carbohy- drate	Total		Phospho- ric acid.	
Rice-unpolished 6 oz.	14	1	134	594	4	38	33
	11	1	37	196	13	25	37
Red gram 2 oz.		1	17	84	S	10	8
Vegetables 12 oz.	4	0100	4	20	12	5	21
green 4 oz.	2	200	*	252			
Ghee 1 oz.	100	28		204			
Milk or curd made there from 12 oz.	12	16	18	264	74	29	6
Fruit-plantain or							
its equivalent of other fruits. 12 oz.	17	2	75	384	6 ,	11	18
	- 00	40	285	1794	117	1118	123
Deduct 10% for wastage	60	49	29	179	12	1.2	12
Denger To to for washing	6	5	29	116	***		
Net	54	44	254	1615	105	106	111

More rice and other cooked food in cooked foods. Fruit removes consumy be replaced by fruit with advantage, seeing, of course, that the supply of the mineral constituents is maintain. The addition of fruit to the diet has a good supply of Vita the senerally lacking

NUTRIT Published by Tumilnad -Co - operative. Rederation, Coimbatare. Print-Messrs. Muc Millan Ltd. Price & As.

W

This is a timely publication.
The science of nutrition is the result of recent investigations. But it has an important bearing on the physical development of a nation.
The emblect was periously periods. The subject was seriously neglected The subject was seriously neglected in India till a few years ago when Dr. Sir R. Mc Carrison was invited to take up the assay of the nutritional value of the dictary of people in South India and advise on a balanced dict. He embodied the results of his study in a volume in English on "Nutrition" which holds the field today as the best guide on dietetics. In order to popularise the conclusions of Dr. Mc. Carrison, the Tamil sions of Dr. Mc. Carrison, the Tamil Nad Co-operative Federation, Coimbature, has issued a Tamil translation of the work. We congratulate the translator, Mr. N. S. Sivasubramanian M. A., on the excellent manner in which he has done the task entrusted to him. He has, as far as possible, avoided the use of technical terms and has presented on the whole a faithful rendering into Tamil of an admittedly difficult science. The publishers have done well to bring out this volume at a time when the problem of rural improvement is prominently before the public eye. Millions of Indians are living on restricted diets which are either incapable of maintaining them in a state of normal health or capable only of sustaining them at a low level of physical efficiency. Mail nutritional diseases are rife in India, while resistance to the sour rges of the tropical, diseases, malaria, cholera, dysentery, leprosy is low indeed. The value of Dr. Mc Carrison's work to the dietetician is no loss, because his researches have been carried out in a field which abounds in immense opportunities for the researcher. Indeed, nowhere is the composition of human dietries more influenced by racial, religious, economic and climatic considerations and nowhere have foods and food-habits remained more consistently the same from one gamoration to another. The diversity of races in India offered Dr. Mc Carrison, unrivalled, almost unexplored, sources of information on Nad Co-operative Federation, Coim-

the problem of food values. Dr. Mc. Carrison is an expert and not a faddist. His work will not be a thorn on the side of the conservative vegetarian or even the fastidious of humble means. The diet of the average South Indian is examined and its food value is recorded. The Book is bound to be popular and the translator, has suared no pains to tres and young peoples' unions.

We would commend this book to our Ministry of Health which has manifested its concern in the dietary of the people by obtaining a vote of Rs. 30 000, for a biological assay of local vegetables by Dr. Burns in Eogland.

Order Nisi

IN THE DISTRICT COURT OF JAFFNA

Testamentary Jurisdiction No. 8640 In the matter of the estate of the late Visuvanathar Kandiah of Vaddu-koddai West

Visuvanathar Subramaniam of Vaddu

Minor 1. Kanagaratnammah daugh-ter of Kandiah of Vaddu koddai West Guardian 2. Chelliah Nagalingam of

Respondents. The 1st Respondent is a minor appearing by her Guardian-ad-litem the 2nd Respondent.

This matter coming on for disposal before C. Coomaraswamy Esquire District Judge, Jaffna on the 20th day of March 1935 in the presence of Mr. S. Nagalingam Proctor on the part of the Petitioner and the affidavit of the Petitioner dated the 18th day of March 1935 having been read.

It is ordered that Latters of ministration in respect of the of the abovenamed deceased be grant-ed to the Petitioner as his brother, unless the abovenamed Respondents or any other person shall on or before the 15th day of May 1935 show suffi-cient cause to the satisfaction of this Court to the contrary.

The 26th day of March 1935 Sgd. C. COOMARASWAMY, District Judge. Order Nisi extended for 26-6-35.

NEWS IN BRIEF

The India Bill.—The new Secretary of State for India, the Marquiss of Zetland moved the second reading of the India Bill in the House of Lords

Ceylon House In London. — His Excellency the Governor Sir Edward Stubbs, who will be in Enpland next, month will formally open the Ceylon House in London on July 15th.

Victoria Home for Incurables: A petition is being got up against the proposal to hand over the manageproposal ment of the Victoria Home for ables in Colombo to an Order Catholic runs.

For Increased Tariff on Coconuts -The Southern India Chamber of Commerce has addressed the Government of India urging an immediate increase of the import tariff on coco nut, copra and coconut oil.

Buddhist Schools and Fruit Culti vation. -That arrangements ing made with the help of the Direcof Education to introduce fruit cultivation in the gardens attached to the schools of the Buddhist Theosophical Society, was mentioned by the Manager at the annual meeting held last Monday.

Ceylonese As Income Tax Commissioner.—Mr. J. M. Doulton, Commissioner of Income Tax, left yesterday for Home on leave. He will be away for seven months. Mr. A. D. Parham acts as Commissioner of In come Tax for a period of two months, giving over in August to Mr. T. D. Perera, C. C. S. upon that official's return from leave.

Malaria Expert wants More Time .-On account of the repeated recru descence of the malaria epidemic, it is learned that Colonel C. A. Gill, the malaria expert, has intimated to the Health Ministry that he will require another month or two to complete his investigations. His report on the mularia problem, therefore, will not be available until the end of August

Europeans' Policy in Ceylon:—
"The retention of the Governor's special powers in their present form, the reservation of the public services from political control and the maintenance of the present position of the Officers of State," these form, in part, the policy, of the European Association in Ceylon. This was adopted at a meeting of Group Ten of the European Association last week.

Temple Car Burnt.-A disastrous femple Car Burnt.—A disastrons broke out at Tirukkalukundram the 15th instant, as a result of ich the big festival car of the Sri irupura Sundari Amman Temple s completely destroyed, besides a which the Thirupura was completely destroyed, desides a hotel, three shops and a portion of a neighbouring house. The less to the temple alone is estimated to be over 50,000. The temple car was only recently renovated at a cost of about Rs. 75,000.

Last Rites for Quetta Victims:—On thousand "shradhas" (post-funeral ceremonies) of those killed in the Quetta earthquake were performed on the 11th instant, says a Shikarpur message. Two hundred Brahmins were kept busy throughout the day. Offerings were refused. Nearly 3000 youngsters had their heads shaven as part of the ceremony, and barbers were in great demand. The 8 30 mail from Sukkar brought a batch of Hindu barbers hired at a rupee a day by a public spirited person.

Prophet's Birthday Celebration:—The Prophet's birthday was celebrated by the Jaffina Muslims on Friday with great enthusiaem. The Muslim quarters were beautifully decorated and illuminated. A mass meeting of the Muslims was beld at 4 p. m. at the Jaffina Esplanade, under the auspices of the Muslim Brotherhood Society. Mr. S. M. Aboobucker, Froetor, presided. Mr. K. S. Arulnandhy, Divisional Inspector of Schools, Pavalar S. M. Muhammed Yoosuf Sahibo and Mr. T. C. Rajaratnam, Proctor, addressed the meeting. Prophet's Birthday Celebration:-

Order Nisi

IN THE DISTRICT COURT OF JAFFNA

Testamentary Jurisdiction No. 30 In the matter of the estate of the late Thamotharampillai Siva-subramaniam of Vaddukoddai West Deceased.

West Deceased,
Nagaratnammah widow of Sabapathippillai Doraiswamy of
Vaddukoddai West

Ve. Petitioner.

Vaddukoddai West
Va. Petitioner.

Sivasubramania m
Kathirgamutbamby of
Vaddukoddai West

Z. Thaistnayagi daughter
of Sivasubramanian of
Sanguvely
3. Sivasubramaniam Sanmugarajah of Vaddukoddai West

Bastondants

The 2nd and 3rd minors appearing ian-ad-litem the

This matter conference C. Cook dated the affidayi and the 20th day of Ma 5 having been read.

ing been read.

It is ordered that Letters of Administration in respect of the estate of the abovenamed deceased be granted to the Petitioner, unless the abovenamed Respondents or any other person shall on or before the 26th day of June 1935 show sufficient cause to to the satisfaction of this Court to the contrary.

the contrary.

The 29th day of May 1935 (Sgd.) C. COOMARASWAMY, District Judge.
O. 30. 20 & 24-6-35.

Order Nisi

IN THE DISTRICT COLUMN JAFFNA
Case No. 62
In the matter of the Estate of the late
Valliammaipillai wife of Arumugam of Kopay South
C. Arumugam of Kapy
and
Petitioner.

C. Arumugam of Kapy
and Petitioner.

1. A. Vethanayagam Minors by
2. A. Parupathipillal their Guardian ad litem the 3rd Respondent.
3. A. Cathiresu of do
—Respondents.
This matter of the petition of the abovenamed petitioner praying that letters of administration to the Estate of the deceased abovenamed coming letters of administration to the Estate of the deceased abovenamed coming on for disposal before C. Coomaraswamy Esquire District Judge Jafina in the presence of Mr. C. T. Kumaraswamy Proctor it is ordered that letters of administration to the estate of the abovenamed deceased be issued to petitioner unless the Respondents shall show sufficient cause to the contrary on the 27th day of June 1935.

This lith June 1937

This 11th June 1937 O 32. 20 & 24-6-35 Sgd. C. Coomaraswamy

Order Nisi

IN THE DISTRICT COURT OF JAFFNA.

Testamentary Jurisdiction No. 8481 In the matter of the estate of the late Punithavathy Ammah

Subramaniam Kanagasabai of Vannar-ponnai East

(0, 27, 20 & 24-6-35.)

FOR SALE

Splendid Opportunity for Investors

The New Jaffna Aerated Water Co. situated at Uduvil, Chunna-kam, with factory's cart and cattlekam, with factory's cart and cattle-shed, carts, bulls, bottles, racks 2 Codds filling machines, 1 Crown filling machine, one 4 horse-power Horosby Engine and tank. Every-thing in perfect condition. Pump and water service connection from the well close to the factory. Water highly recommended for quality.



(Mis. 69, 23-5 to 22-6-35)

NOTICE

N. Kandiah LICENSED

AUCTIONEER

AND

*

Commissioner of Sales

KODDADY, J (M. 75 1-6 to 31-12-35) JAFFNA.

Order Nisi for Letters

IN THE DISTRICT COURT OF JAFFNA
Testamentary Jurisdiction No. 8496.
In the matter of the estate and effects of the late
Thangam wife of Kandiah Sabaretnam of
Thiruneively, Jafina
Deceased,
Kandiah Sabaretnam of Thirunelvely, Jafina
Vs.
Petitioner.
Sabaretnam Sanningaretnam of Thirunelvely, Jafina
Sivakamasunthari daughter of Sabaretnam of do
minors appearing by their Guardin

Sivakamasunthari daughter of Sabaretaman do minors appearing by their Guardian-ad-Litem Chellam widow of Sangarappillai of Irupalai Respondents, is matter of the petition of the above-d petition coming on for disposal before dependent of the petition coming on for disposal before openaraswamy Esquire, District Judge, con the 1st day of February, 1934 in the not of the petitioner and the affidavit and on of the petitioner having been read: is ordered and declared that Letters of nistration to the estate of the above-deceased be granted to the petitioner meniscued to him accordingly unless the named respondents shall on or before the day of October, 1934 at 10 O'clock in

eated to him accordingly unless it ed respondents shall on or belo w of October, 1934 at 10 O'clock on appear before this Court at icient cause to the satisfaction at to the contrary. na, 31st day of August, 1934. Sgd. C. Coomaraswamy.

District Judge, Extended: 21-6-35.

Order Nisi

IN THE DISTRICT COURT OF
JAFFNA
Testamentary 8595 D. C. Jaffna
In the matter of the estate of the late
A. Naranapillai of Karaitive East.
Deceased.
Naranapillai Ponnampalam of
Karaitive East.
Petitiones

Naranapillai Ponnampalam of Karaitive East.

1. N. Ponnudurai
2. N. Muttiah both of Karaitive East, presently in F. M. S.
Respondents.
This matter coming on for disposal before C. Comarasamy Esquire. District Judge, Jaffna in the presence of Mr. R. Sinnadurai, Proctor for Petitioner and on reading the Petition and Affidavit.

It is hereby ordered that the Petitioner be and is hereby appointed Administrator of the estate of the late A. Naranapillai of Karative East unless the Respondents or any person on persons show sufficient cause to the contrary on or before the 19th December 1934.

This 11th day of December 1934,
Extended to 20-2-35

"27-3-35
"15-5-35
"16-6-35.

(Sga) N. SINNATHAMBY, District Judge, (O. 28, 20 & 24-6 35.)

THE JAFFNA MUTUAL BENEFIT FUND LTD.

BANKERS.

Authorised Capital Rs. 8000000.00!

Amount of Calls made Rs. 1,29,777.00

SHARES: 8000 shares of Rs. 100/- each. 75 monthly instalments of Re. 1/- per share will carn Rs. 100/- for each at the end of the period. Shares issued all times.

CURRENT ACCOUNTS opened and interest allowed at 3% per annum on the average monthly balance when it does not fall below Rs. 500/-.

FIXED DEPOSITS received for periods of 2.6.0

FIXED DEPOSITS received for periods of 3, 6, 9 and 12 months and interest allowed at 3, 4, 6 and 8 % respectively.

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and the Principal cities of India. Remittances to and from F. M. S. by special arrangements.

NEY bought and sold INDIAN MONEY on the security of Jewels a speciality. Interest charged at 10% per annum when paid monthly: otherwise 12%

(Part payments accepted.) (Part payments accepted.)
are also granted against approved securities, such as
Landed Properties etc. (Part payments accepted.)
For further particulars apply to
S. SELLAPPAH. LOANS

Manager.

152. 21-11-34-20-11-25. 1's)

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We have a good stock of roofing and plain sheets in all sizes, Round iron, Barbed wire, Brassfittings, Paints, Varnishes, Oils, Asbestos roofing, Ceiling, etc.

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Phone No. 2210 (Colombo)

Order Nisi

IN THE DISTRICT COURT OF JAFFNA

Santio Sebamalai of Karaiyoor, Jaffoa and

2. Victoria wife of Anthony Daniel

This matter of the abovenamed Petitioner coming on for disposal before C. Coomaraswamy Esquire, District Judge, Jaffna en the 26th day of September, 1934 in the presence of Mr. K. Testamentary Jurisdiction No. 8499.

In the matter of the estate of the late Sebamalai alias Ponnuppillai wile of Sebamalai of Karaiyoor in Jaffna

Deceased.

Anthony Daniel of Karayoor, Jaffna

Vs. Petitioner.

tember, 1934 in the presence of Mr. K. Aiyadurai Proctor on the part of the Petitioner and the affidavit of the Petitioner having been read: It is ordered that Letters of Administration to the estate of the abovenamed deceased be granted to the Petitioner unless the Respondents or any other person shall on or before the 26th day of June 1935 show sufficient cause to the contrary to the satisfaction of this Court. Petitioner. tion of this Court.

This 15th day of May, 1935. Sgd. C. Coomaraswamy,

District Judge. Respondente. (O. 25. 17 & 20-6-35)

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LITTLE'S URIENTAL BALM

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	1925	1935
	Rs.	Rs.
Income	45,50,127	73,28,467
New Assurances	78,07,000	1,47,57,880
Total Assets	2,46,08,120	4,50,03,372
Assurances in force	6,95,93,793	11,56,12,828

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F. DADABHOY,

Y. 54 1-1-31-12-35

49 Canal Row, Fort, Colombo.

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Years of Study Research and Practice AYURVEDA CONCENTRATED SYRUPS:—Of Grapes, Sarsaparilla, Rose, Plantain, Lemon Pomegranate, Orange, Almond, Pineapple, Citron, Milon, Apule, Lotus and Ginger. These syrups contain the highly concentrated essences of the above fruits, &c. in such a way that about 5 drops of any of the syrups mixed with a cup of 8 oz. of cold water or sodawater produce a most pleasant and refreshing beverage, deliciously sweet and possessing the rich flavour of the particular fruit of which the syrups is used. These syrups are extremely cheaper than, and very superior to, syrups generally sold in hig bottles and are especially prepared to save heavy V.P.P. charges to mofussilities, to be paid en ordinary syrups, sold in big bottles.

One phial of any of my above syrups is enough to make about 50 cups of delicious and refreshing syrup; if diluted with cold water or sodawater; sold in phial of 4 ounce each. As. 8 per bottle of any of the syrupe. V. P. P. charges for 1 to 4 bottles As. 8 only extra.

P. Subbaroy

AYURVEDIC PHARMACY

Sri Venkatesa Perumai Sannathi, Tanjore, India.

(Y. 53. 1-1-31-12-35.)

Printed & published by S. ADCHALINGAM. residing at Vannarponnai West. Jaffna, for and on behalf of the Proprietors, the Saiva Peripalana Sabhai, Jaffna, at their Press, the Saiva Prakasa Press, Vannarponnai, Jaffna, on Thursday, June 20, 1935,