

C.S.R.DEPEND ON THE MARK
FOR EXCELLENCE**OHMA WATER**

THE CEYLON CHEMICAL WORKS (Rgd.)

THE Hindu Organ.(The Only Newspaper in Ceylon for the Hindus)
PUBLISHED EVERY TUESDAY AND FRIDAY

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VOL. LXI.
NO. 31PRICE
10 CENTS**A SENSE OF URGENCY
IN NATIONAL CONSCIOUSNESS****Educational Advancement & Economic
Development Should Be Correlated**

IN this masterly survey of the economic situation of the Island, Mr. G. G. Ponnampalam, K. C., Minister of Industries, Industrial Research and Fisheries, is of opinion that every endeavour must be made to create national wealth by producing within the Island as much of our essential and consumable commodities as is possible.

This was the subject of a radio talk given by the Minister.

For the last century and more, the economy of Ceylon has been almost, if not entirely, agricultural with all its implications of dependence on international markets with prices influenced by factors beyond our control. Consistent with our new national status our endeavour must be to change from a purely agricultural and colonial economy to a national and balanced economy as a first measure in our emancipation from economic subservience. We cannot wait for another cataclysm like the last war to galvanize us into action. Just as we were looking forward to a breathing space to settle down to creative thought and action we find that part of our plantation industries is going to the wall so that once again we are driven to the conclusion that the only swift and effective corrective lies in industrialisation.

**Judicious Socialistic
Distribution**

The primary objective of any responsible and progressive Government today is the improvement of the standard of living of the underprivileged. This can only be achieved through a judicious measure of socialistic distribution and private enterprise aimed at an over-all increase in the national wealth of the country. This is dependent on our increased productivity, which in turn very largely depends on the increased output of the individual worker. Only an appreciable increase in the national income of a country can lead to an increased taxable capacity of her people. This fraction is variously computed as between 15 per cent. in countries with a pure agricultural economy to 3 per cent. in countries with a highly industrialized economy. Within these limits the State must provide for all social services, utility works, the administration of law and order and schemes of expansion and development.

**Depend Not On Outside
Authority**

To achieve this we can no longer drift along in a pleasurable though penurious indolence looking to some avuncular authority outside to help us. Dependent as we are on our own resources, we must endeavour to create wealth by producing within the Island as much of our essential and consumable commodities as is possible and by processing to the highest extent possible the raw materials which we have been content in the past to export for

purposes of manufacture outside the Island. Plans are under preparation for the manufacture of several of our essential requirements. In the course of the last few months I find that we have the materials; we can with some effort get the machinery; and we have even the manpower, perhaps too high in the opinion of the advocates of planned parenthood; but the necessary technical "know-how" is lacking. This has been due to the lack of foresight of past generations, but we must ensure that at least for the future our nascent industries need not start with such a heavy handicap.

**Equality with Fellow
Nations**

As a great educationist once remarked, 'we are none of us infallible, not even the youngest'. A sound education is the prime essential for anything. There is an infinite variety of subjects to study; some useful, others merely decorative. The decorative has its place in the life of a nation and the humanities have produced men of exceptional ability and character. Nevertheless it is only he who has plenty of butter who can spread it thickly on his bread. Within its limited resources Ceylon cannot easily afford the luxury of decoration or the pursuit of the purely aesthetic. The world as we see it is acquisitive and aggressive. It must be our endeavour to equip ourselves speedily to be able to stand on terms of equality with our fellow nations, at least in South-East Asia.

**Danger of Haphazard
Education**

The impact of Macaulay's genius set rolling the ball of education in the last century. Its object was the production of "native writers" who were to act as interpreters between the ruling power and the indigenous population. When the "native writer" got too big for their boots there was nobody to guide the educational ball which often tended to stray from the correct path. There was no intelligent relation between supply and demand, no intelligent direction from above, and no intelligent anticipation from below. Boys and girls, or such of them as were fortunate, went to school, pursued any course of study that was available to them, and soon thereafter looked upon the Government as the one and only

(Continued on page 4)

Colombo Tamil Sangam**Annual Meeting**

The Seventh Annual General Meeting of the Colombo Tamil Sangam was held on 17th inst. at Saiva Mangayar Vidyalayam Hall at Wellawatte. Mr. K. S. Arulnandhy, the President presided.

The following office-bearers were elected for the ensuing year:

Patron: Mr. K. Vaithianathan

Vice-Patrons: Messrs. K. Kanagaratnam, A. Sabaratnam, S. Ratnanathan, J. N. Arunugam and R. Sabanayagam.

President: Mr. K. S. Arulnandhy

Vice-Presidents: Dr. T. Nallai-nathan, Messrs. M. Vairavapillai, K. Alvapillai, P. Navaratnarajah and K. Nesiah

Hony. Gen. Secy: Vidwan V. M. Kanagasundaram

Asst. Gen. Secy: Mr. A. Chelliah

Hony. Treasurer: Dr. S. Ponnambalam

Asst. Treasurer: Mr. T. K. Sivarajah

Membership Secy: Mr. S. Vaidyalingam

Committee Members: Mr. K. Mathiapparanam, Mudlr. S. Ponnampalam, Mudlr. K. Sebastian, Messrs. S. Karunanidhy, U. Kandasamy, A.

**Kokuvil Hindu
Old Boys' Association****Fifth Annual Meeting**

The Fifth Annual General Meeting of the Kokuvil Hindu College Old Students' Association (Colombo Branch) was held at the Saiva Mangayar Kalagam Hall, Wellawatte, on the 17th instant with Mr. C. K. Kaniswamy, the Acting Principal of the College in the chair.

The following were elected office-bearers for the ensuing year:—

Vice-Presidents: Messrs. A. Kanapathipillai, M. A. Nadarajah, V. Suppiah, S. Rajaratnam, V. Ramanathan, S. Balasubramaniam, A. Sinnathamby and S. Sangarasivam.

Hony. Secretary: Mr. S. Ratnasabapathy.

Hony. Asst. Secretary: Mr. S. Retnapiragasam.

Hony. Treasurer: Mr. C. Somasundaram.

Hony. Asst. Treasurer: Mr. R. Sivaratnam.

Vicknarajah, S. Sanmugathan, K. Seethapathy Iyer, T. C. Murugiah, K. Navaratnam, A. Navaratnam and S. Rajaratnam.

A SON WORTHY OF THE FATHER**Ramdas Gandhi's Efforts To Make
Godse Repent**

THE "Mahratta" of Poona publishes the following true copy of the letters exchanged between the Mahatma's son Ramdas Gandhi and Nathuram Godse, sentenced to death for the assassination of Gandhi:

'Rhalsi Lines, Nagpur C. P.
Dated 17th May, 1949.

Dear Nathuram Godse,

The writer of this is the son of one you seem to take great pride in having assassinated.

I am sure you will one day realise that you have only put an end to my father's perishable body and nothing more. Because not only in my case but in the case of millions all over the world, the spirit of my father still rules over their hearts. This stands proved by the homage that has been paid to my father by nations and people all over the world.

**The Mist of Misunder-
standing**

You know that today every one all over the world is thirsting and pining for peace. But it is not the atomic energy that is going to bring peace to the world, but it is the mutual understanding and respect for one another—better understood by the millions of this country by the simple and significant words "Satya and Ahimsa."

I hope that the above facts will help in the dissolution of the mist of misunderstanding your mind and vision seems to be shrouded with. Once you rid your mind of this misunderstanding I have no doubt you will repent and realise that what you have done is a deed never to be repeated but shunned for all the times, be it in the interest of one's own religion or political creed or anything else.

You are reported to have stated very recently that you are a

man of "reason and logic". I therefore, urge you to ponder over my above heart-pourings and if you do so, you will find that you have not the least served the cause so very dear to you by having done what you have done.

Yours truly,
R. Gandhi.

P. S.—I may inform you that on 1-5-49, I have addressed a letter to the Governor-General of India, giving him my reason why you should not be made to suffer the penalty awarded by the Special Tribunal to look into the charge framed against you by the authorities concerned.

R. Gandhi."

Godse's Letter

To which the following reply was forwarded through the "Deputy Commissioner, Simla:

Om
Simla
Dated, 3rd June, 1949.

Dear Brother Shri Ramdas Gandhi,

Received your most kind letter of the 17th May 1949 yesterday. As a human being I have no words to express my feeling for the wounds that you and your relatives must have received by the tragic end of your revered father, by my hands. But at the same time I state that there is the other side also to look at. I am not in a position to write all my thoughts on paper nor I am in a position to see you personally. But certainly you are in a position to see me in jail before my execution.

You say that you have heard that "I am a man of reason and logic." True! But you will be surprised to note that I am a man of very powerful sentiments also and devotion to my motherland is the topmost of the same.

**Co-op. Medical Service
at Tellipalai****Steady Development And
Support Given**

The Tellipalai Co-operative Vaidyasalai Ltd. which was opened on the 10th of June is doing very valuable service to the people to the locality. The services of a Retired Senior Medical Officer of repute have been secured.

The Vaidyasalai has now been removed to a more spacious building in the Kankesanthurai Junction at Tellipalai. The support it has received confirms the hope that it will soon develop into a hospital and render greater service to the people of the village's round about.

Open-Minded Man

You say that once my mind is free from misunderstandings then I shall no doubt repent and realise my blunder! Brother, I am an open minded man always subject to correction. But what is the way to remove my misunderstanding, if any, to make me repent? Certainly, not the gallow's nor a big show of mercy and to commute my punishment. The only way is to see me and to make me realize. Until now I have come across nothing which will make me repent.

I have received several letters from some prominent Christian missions and according to their faith and teachings of the Holy Bible, they have tried to give me some message. Their stand is quite intelligible. But yours is the first letter that I have received which resembles to some extent the well-known or more

(Continued on page 4)

IN THE SUPREME COURT**IRATPERIYAKULAM****ATTENDED MURDER****Accused Acquitted**

IN the case in which Velathage Appuhamy and Ukkuralage Herathany stood their trial for the attempted murder of Tickralage Wannihamy on 2-8-48, the Jury returned a unanimous verdict of not guilty.

His Lordship acquitted and discharged both the accused.

Mr. P. Ragupathy instructed by Mr. C. harnalingam defended the accused.

**Lesser offence plea in
Alvay murder**

Murugesu Kandasamy of Alvay South pleaded guilty to the lesser offence of culpable homicide not amounting to murder in the case in which he was charged with the murder of Kathirgamu Selliah of Karaveddy West by stabbing him with a knife on February 7th this

year at Pt. Pedro.

The plea was accepted and the accused was sentenced to four years rigorous imprisonment.

Mr. T. Thuraiappah appeared for the accused as assigned counsel.

5 Yrs. R.I. In Murder Charge

The fourth case of the Sessions was from Kayts. The accused Marian Anthony and Marian Soosai both of Naranthanai North were charged with the murder of Anthony also of Naranthanai.

A plea of guilty to the lesser offence of culpable homicide not amounting to murder was tendered by Mr. A. Sambandhan with Mr. J. Rasaratnam instructed by Mr. T. Sivaganam.

His Lordship accepted the plea and sentenced both the accused to 5 years R. I. each.

NOTICE

The offices of the Hindu Organ and Intusathanam and of the Saiva Prakasa Press will be closed for Adi Amavasya on 25-7-49 Monday. There will be no issue of the Hindu Organ and Intusathanam on 26-7-49.

Manager.

TO LET

A spacious house and compound in extent of 6 Lms. V. C. with mango and other trees and bearing Asst. No. 411 KKS Road near the Jaffna Hindu College. Apply to S. T. M. P. Sithambarnatha Chettiar, Vannarponnai. (M 77 22)



Hindu Organ

FRIDAY, JULY 22, 1949

Treasure These Thoughts

For the resplendent Vast
Where nothing halts the victo-
us march of the Soul,
Our hearts are pining O
Powers of Light!

—RIG-VEDA

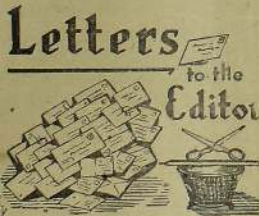
NATION BUILDING

SPEAKING ON NATION BUILDING at a meeting of the Rotary Club of Jaffna Dr. C. Gurusamy, Retired Medical Superintendent stated that special attention should be paid to character building and body building. The Gandhian cult of Truth, Love and Ahimsa should be fostered and nourished especially in schools where the future citizens receive their training. Teachers have for their objective the propagation of Truth; Love for fellow beings and Ahimsa go hand in hand and should not be neglected. Religious instruction was stressed upon in the national plan of Free Education; the importance of such instruction cannot be overemphasised in relation to nation building. All religions lay emphasis on character; the moral code pertaining to different religions such as Hinduism, Buddhism, Christianity and Mohammedanism is virtually the same. We have often urged in these columns that the child should be taught the religion of his parent in whatever school he may be. While educational reforms are being discussed the duty of imparting religious instruction in schools should not be lost sight of.

The talk on Nation Building by Rotarian President Dr. Gurusamy was followed up by a discourse on a Balanced Diet by Dr. P. Rajasingham,

Medical Officer of Health Jaffna. We have published elsewhere the text of his speech. The wealth of a country depends to a great extent on the health of the people. The subject of nutrition in relation to health deserves special study. Nutritional experts in many countries have done research and the results they have achieved have been published in several works on dietetics. Dr. Rajasingham deserves to be thanked for the great pains he has taken to present to the public facts showing the bearing of a balanced diet on health. The specimen table he has drawn up for the different meals sets out what is necessary for a vegetarian for preserving his health and strength; the food will vary according to the physical and or mental exertion of each individual. The labourer will require more carbohydrate or starchy food such as rice than the white collar worker. We commend to our readers the text of Dr. Rajasingham's address.

A little more than a year has elapsed after Ceylon attained Independence. The foundation for national development has to be laid in the schools in the first instance. Teachers and parents have to set examples for children under their care. The mental and physical development of children should not be neglected; they are both essential for good citizenship. The classroom and the play ground are equally important. The bookworm who is physically weak cannot be of much use either to himself or to society; he will be more a liability than an asset to the country. It is to be hoped that adults as well as children would realize the need of possessing a sound mind in a sound body.



Letters to the Editor

Universalism Of Shaivism

Sir,—With reference to the Table illustrating the Universalism of Shaivism appearing in your valuable journal of 1-7-49 I am afraid your correspondent is unwittingly making a mistake as regards Vaishnavism and Shaivism.

The two religions unlike other religions have three provincial schools of thought viz. Monists, qualified Monists, and Dualists or in other words Advaitists, Vishuddhadvaitists and Divaitists. It is the latter school of thought that believe in an eternal soul and not the others. It would therefore be correct if he had stated that the Shaiva Siddhantes (Shaiva dualists) believe in an eternal soul with which the majority of the Vaisnavas, and Shaivas in India and Ceylon would not agree. All Shaivites are not Shaiva Siddhantes.

Yours etc.
S. A.

BALANCED DIET AND THE SCIENCE OF NUTRITION

(By Dr. P. Rajasingham M. O. H., Jaffna)

THE Rotary Club of Jaffna discussed the question of Balanced Diet at its last meeting held on Monday, 18th July, 1949. Dr. Rajasingham M.O.H. Jaffna read an interesting paper, the text of which given below.

Nutrition has been defined as the science of food and its relation to health. Food has lot to do with health, with recovery from ill health, with maintenance of good health and with the further improvement of what is already considered good health. Prevention and treatment of many diseases such as Diabetes, Pernicious Anemia and Hypertension are also directly influenced by the kinds and amounts of food consumed.

About a hundred years ago food was found to consist of Protein, Fat and Carbohydrate. Twenty years later the importance of the mineral content of food was realised and the Caloric value of foods was appreciated only 60 years ago. The substances which are now known as vitamins were not discovered until about the beginning of this century. The science of nutrition is really a twentieth century development. As is usual it takes time for new principles to be adopted. Even our Medical School has not realized the importance of nutrition in Medical education. There are however signs that the subject of nutrition will receive immediate attention. The majority of the lay population of the Island both rich and poor have insufficient knowledge of nutrition.

Nutritional Requirement

Before laying down a programme on balanced diet a discussion on nutritional requirements is necessary. The nutritional requirements for good health consist of adequate quantities of protein, fat, carbohydrate, certain minerals, certain vitamins and water. It is possible to obtain adequate amounts of these nutrients from food available in this country. Generally speaking man relies principally on appetite and on variety in the choice of food to secure a balanced diet. Variety in choice of food is usually controlled by the food habits, the purchasing power and the availability of food. The simplest principle followed by many in attaining good nutrition is to consume a wide variety of fresh foods and let the appetite be the judge of quantity consumed. This principle can be improved upon by knowing something of the nutritional requirements of man and the nutritional value of foods available.

Protein is the principal nitrogenous constituent of animal and vegetable tissue. Man obtains this protein from both animal and vegetable sources. Proteins are finally broken down in the process of digestion into units known as Amino Acids. There are about 24 known amino acids and of these about 10 are said to be essential amino acids. It is not possible for the body to manufacture these essential Amino acids. These have to be obtained from the food consumed. The biological value of protein and its digestibility are two other important factors in the choice of foods that supply the required protein. Protein derived from vegetable foods is considered to be of less value to the body than protein derived from animal foods particularly to growing children, pregnant and nursing mothers. As the majority of the people in this country are Buddhists and Hindus this problem of finding suitable protein in adequate

quantities is a different one. Dr. Aykroyd, Director, Nutrition Research, Coonoor, India recommends that the proportion of animal protein should be at least 1/5th of the entire protein requirements. The vegetarians need not be unduly alarmed at this statement as milk is considered the best source of animal protein. The only difficulty is that adequate quantity of milk is not available.

On this question of milk I would like to place before you certain facts relating to Ceylon. A milk Committee was appointed by the Hon. the Minister for Health in 1942 under the Chairmanship of Dr. W. G. Wickramasinghe the present Acting Director of Medical & Sanitary Services. This Committee submitted its report in 1943. I will quote here some relevant passages from this report which will interest you.

"Ceylon is essentially an agricultural country but nevertheless it is one of the poorest milk producing and milk consuming countries in the world.

The total amount of liquid milk available in this country has been estimated at 21 million gallons per year. To this quantity of liquid milk must be added the imported milk and milk products. The equivalent of these in terms of liquid milk would be approximately two million gallons. The full total of milk available from all sources would be 23 million gallons.

The daily consumption calculated on this basis would appear to be less than 2 oz per head of population.

Island's Milk Requirement

The British Advisory Committee on Nutrition is of opinion that children up to 16 years of age should have at least one pint of milk a day, people over 16 half pint and expectant and nursing mothers two pints a day. Calculated on this basis the total requirements of the whole Island amounts to 205 million gallons per year.

We have thus to increase the quantity of milk available by nearly ten fold.

A protein intake of 1 gram per kilogram of body weight per day is considered sufficient which will work out to 70 grams for an average man.

Fats are the most potent sources of energy we have. One gram of protein has full value of 4 calories, one gram of carbohydrate also has the same full value whereas one gram of fat has a full value of 9 calories. Fats also serve as carriers for the fat soluble vitamins. Generally speaking fat furnishes a fourth to a third of the daily caloric intake. An adult consumes round about 100 grams of fat per day. The requirement of fat depends on activity as in the case of carbohydrates.

Carbohydrate forms the bulk of our diets because of its relatively low cost and the ease with which it can be obtained. A sedentary person may consume from 150 to 200 grams of carbohydrate per day whereas an

active person may consume three to four times this amount.

Certain mineral elements are also necessary. In experiments conducted with rats some 12 minerals are considered necessary for good nutrition. From the point of view of practical nutrition we need consider only a few. Sodium and chlorine are needed in relatively large amounts and are easily supplied by the use of ordinary salt in our diet. The mineral elements in which our diets are calcium and iron. Milk and cheese are the only rich sources of calcium though small amounts are obtained from most vegetables and fruits. An adult requires about 0.5 grams of calcium per day. This amount is found in a pint of milk.

Iron is furnished by meat, Liver is particularly rich in iron. Other good sources are eggs, green leafy vegetables, potatoes and dried fruits. A daily intake of 10 to 12 mg. of iron per day is considered sufficient for a normal adult.

Vitamins have been divided into four fat soluble and 15 water soluble ones. Of the fat soluble ones only vitamins A & D are of practical importance. The best sources of vitamin A are liver, egg, yolk, whole milk, butter or enriched Margarine, dark green leafy vegetables and yellow vegetables.

Concerning vitamin D little is known about the requirements of adult man. We in the tropics depend principally on sunshine for this vitamin.

Of the water soluble vitamins only 4 are of importance as far as is known today. These are vitamin C, and the three members of the vitamin B Complex, viz. Thiamine, Riboflavin and Nicotin. In the case of vitamins we should always remember that we do not have the ability to store the water soluble vitamins for any length of time as is the case with fat soluble vitamins. We are therefore obliged to provide them in our diet regularly. Vitamin C is found in Citrus fruits, tomatoes, green leafy vegetables and other fruits. The amount of 50 to 75 mgs of vitamin C required per day is furnished by the juice of one large orange or contained in two glasses of tomato juice.

The vitamin B complex are obtained from the protein foods and from the whole grains. The recommended daily allowances for the average adult for these vitamins are 1.3 mg for thiamine, 2.7 mg for Riboflavin and 18 mg for Niacin.

Dietary Surveys

The vitamins can very well form the subject of a separate lecture. Having given you as briefly as possible a general outline of the nutritional requirements I shall now proceed to discuss a programme of Balanced Diet. Nicholls and Nimahsura have found by dietary surveys that Ceylon diets are deficient in proteins, calcium and vitamins A and B1 and B2. These are known as "Protective foods".

The Ceylon Observer Sunday Edition of 17-7-49 has the front page headline "Sixty percent are physically unfit". Of the 7000 men who applied to be ratings in the Ceylon Naval Volunteer Reserve over 60% were found to be physically unfit. It is therefore clear that if we are to maintain our Independence a healthy nation through better nutrition is imperative and this can be achieved by a Balanced Diet. This question is of course closely linked with the raising of the standard of living of the people,

and planned parenthood.

The first step in this programme is education. Nutrition should form an important part in the curriculum of Medical and other schools in the Island. In the U. S. A. there are people specially trained in nutrition. These nutritionists who are mostly women play a very important part in the nutrition programmes in U. S. A. There should be nutritionists attached to officers of M. O. H. in the Island to enable a planned nutrition programme to be carried out. It has been accepted in the U. S. A. that the education of the public in nutrition can best be accomplished on a long term basis by concentrating on nutrition education in children so as to develop a new generation schooled in sound nutrition. A nutritionist can help a great deal in this education of the School child.

Actual Planning of Balance Diet

In preparing a balance diet one has to keep in mind that an adult requires food for two main purposes. Firstly "to supply energy for the work done by the muscles and organs of the body, and secondly to repair the tissues of the body." In the case of children food is required for growth in addition to the two purposes mentioned. Expectant and nursing mothers also require additional food. The requirement of protein, calcium and Vitamins are greater in the case of adults. A person engaged in manual labour require more calories. Balanced diet should therefore be prepared to suit each group.

The basic factor in planning a balanced diet is the number of Calories required per person. For our purpose today I am following the recommendation of the expert Commissioner of the League of Nations which has drawn up the following statement about energy requirements.

(a) An adult, male or female, living an ordinary everyday life in a temperate climate and not engaged in manual work is taken as the basis on which the needs of other age-groups are reckoned. An allowance of 2,400 calories net per day is considered adequate to meet the requirements of such an individual.

(b) The following supplements for muscular activity should be added to basic requirements in (a):—Light Work: up to 75 calories per hour of work. Moderate work: up to 75—150 calories per hour of work. Hard work: up to 150—300 calories per hour of work. Very hard work: up to 300 calories and upwards per hour of work.

Scale of Average Caloric Requirements

	Calories required.
Adult male (over 14)	2,600
" female "	2,080
Child 12 and 13 years	2,080
" 10 and 12 "	1,820
" 8 and 9 "	1,560
" 6 and 7 "	1,300
" 4 and 5 "	1,040
" 2 and 3 "	780
" 0 to 2 "	520
Pregnant woman	2,400
Nursing woman	3,000

Having calculated the Caloric requirement of the individual concerned the next step is to see that the balanced diet is satisfactory in quality.

As protein, calcium vitamins form the protective foods it is of the utmost importance that these be given pride of place in any balanced diet. There are tables available giving the quantities of

(Continued on Page 3)



Light Sides (By Squint Eye)

Our new Governor-General, on taking up his stewardship, has observed that it is time for the West to turn again to the East for things of the spirit.

Soulbury has come East as a soul bloom.

In a U. N. P. propaganda meeting at Matara Sir John Kotelawala, Minister, referred to the leftists and revolutionaries, and thundered that if the revolutionary "Chandiyas" thought they would escape being killed in a revolution he would see to it that at least twenty of them would be accounted for by him self before he breathed his last.

That's the stuff, "Johnnie, to give these chaps.

The American Vice-President of the Shanghai Telephone Company was locked up in his office by workers because they had not been paid their wages, and the company could not collect their bills owing to the disturbances in the city.

Probably he would issue a public apology in the papers and thus buy freedom, as did other white bosses in Shanghai.

Just before the war Japanese officials used to harass "foreigners" of white skin, at customs barriers and strip them and tease

them. Yes, before the war!

When Miss. Muriel Lester returned to England from Australia she travelled first class. Three deck passengers having formed a study circle on board the steamer invited her to address them, but the ship captain would not allow Miss. Lester a first class passenger to go to the third class section of the ship as it was against the shipping company's rules. The source of this news from Sydney added "one wonders what Mahatma's (Miss. Lester was Gandhi's friend) comment would have been on this incident."

No need to wonder. He simply would have said, "If Mahomet cannot go to the mountain the mountain could go to Mahomet."

A prominent member of the Indian Sterling Delegation to London has said "We came here to ask Britain to release more sterling and dollars to enable us to solve our present exchange problem. Instead we are being asked to help her in her own crisis."

Though the crisis in Britain was publicised after the Dominion Ministers had been summoned for talks anybody who knew Britain could have guessed the point! Cripps' smiles and delightful teas might have given the game away too!

Ceylon is to ask for a new deal for rubber, in the Commonwealth

Finance Ministers' Conference.

It might be made more elastic in view of the synthetic rival.

After thirty years of work the Text book Translation Branch of the Island's Education Department is to be closed. The staff of six Sinhalese and three Tamil translators have in these thirty years translated over NINETY books.

That they have spread the work fairly even is evident from the fact of the last book being "The Modern World" by Paleman.

Deploing the absence of any intimation of any Government Veterinary Department officer being asked to attend the 14th International Veterinary Congress in London in August, the Hon. Secy. of the Ceylon Veterinary Association who has received an invitation from the Congress, says it is a pity, because even at the World Rinderpest Conference in Bangkok last month we had no representative.

Pity indeed, that some of us should miss these events, while so many of us are able to hop to East and West for this is that!

Why is Mr. G. G. Ponnambalam so keen on a public meeting where a show of hands could be counted to test the relative merits of his own and Chevanayakam's causes?

Between the one's appeal to the hand and the other's reliance on the head there must be a reference to the heart of the Tamil man!

Death of Dr. E. V. Ratnam

We regret to record the death in Colombo of Dr. E. V. RATNAM the well-known metropolitan Doctor and Founder of the Union Private Hospital, Slave Island.

Dr. Ratnam was a member of the Colombo Municipal Council for a long period before it was reconstituted recently. He evinced great interest in the political development of the Island and contributed not a little towards the national awakening of the people.

He was President of the Independent Medical Practitioners Association. The Private Hospital founded by him was under his personal supervision until his death. This institution is a memorial to this grand old man for his public-spiritedness and large-heartedness.

He was also responsible for the construction of the main Mandapam of the Arasady Vinayaga Temple in Jaffna.

The funeral takes place today at 5 30 p. m.

ORDER NISI

IN THE DISTRICT COURT OF JAFFNA

Testamentary Jurisdiction No. 1059

In the matter of the Intestate Estate of the late Arunasalam Subramaniam of Moolai Deceased.

Muttupillai widow of Subramaniam of Moolai Petitioner

Vs

1. Subramaniam Muttucumaramswamy of Moolai
2. Velupillai Murugesu and wife
3. Sithamparam of do

Respondents

This matter coming on for disposal before Mr. T. Muttusamipillai Acting District Judge of Jaffna on the 16th day of June 1949 in the presence of Mr. V. Eliyathamby Proctor on the part of the petitioner and the affidavit of the petitioner dated 7th day of June 1949 having been read:

It is ordered that the petitioner abovenamed be and she is hereby declared entitled as wife of the said deceased to have letters of administration to the estate of the deceased issued to her unless the Respondents abovenamed or any other person or persons interested shall on or before 3rd August 1949 show sufficient cause to the satisfaction of this court to the contrary.

16th day of June 1949.

S. S. J. Gunasekara,

District Judge.

(O. 43 22 & 29)

NOTICE

The Government Agent, Northern Province, Jaffna, will receive tenders up to 12 noon on Tuesday 16th August 1949 for the construction of roads 3 miles long in the Residential and Garden areas blocked out in the Atchuvelli Village Expansion Schemes Valikamam East, Divisional Revenue Officers Division N P.

Tenders should be made on forms obtainable on application from the Kachechi, Jaffna where all particulars can be obtained.

Tender forms will be issued up to 12 noon on Saturday the 13th August, 1949 only on production of a receipt for Rs. 25/- deposited for each form at the General Treasury or any Kachechi (A. 46, 22.)

BALANCED DIET AND THE SCIENCE OF NUTRITION

(Continued from page 2)

protein, Carbohydrate, fat etc required for an individual in any of the groups. These tables should be consulted in preparing a balanced diet.

Based on the above, specimen diets have been worked out for the two principal meals the mid-day meal and the evening meal. I will give one specimen diet for an adult who is a vegetarian. The specimen vegetarian diet is the one given in Health Bulletin No. 23 published by the Nutrition Research laboratories, Coonoor with slight modifications.

Specimen Diets—Vegetarian

Morning Meal

4 Hoppers, 1 Plantain, one oz. milk and tea.

Lunch

Parboiled Rice	7 Ozs.
Milk & milk product	8
Pulses	1½
Non-leafy vegetables	Brinjal
	3 Ladies finger
	3 Snake Gourd
	drumstick
Leafy Vegetables	2
Fruit	2

Evening Tea

Bread	2 slices
Butter	1 tea spoon
Milk and Tea	1

Dinner

Parboiled Rice	6
Milk & milk product	8
Pulses	1½
Non-leafy vegetables	3
Leafy vegetables	2
Fruit	2 Ladies finger

Nutrition Work in Schools

I will just enumerate what in my opinion is possible in schools in this programme of balanced diet.

1. Nutrition Education. Till Nutritionists become available the responsibility of imparting nutritional education will rest with the teachers. Teachers should therefore have a good knowledge in nutrition.

2. Keeping records of height and weight of children according to age group. In January each year this could be done and an average weight and height for each age worked out. Comparison

of average weight and height year by year for any age group would then be possible. If this is done accurately it will serve as a guide to find out whether the nutritional level is going up or coming down in any particular year.

3. School Medical Inspections are usually carried out but correction of defects found at these inspections is far from satisfactory. To this work the co-operation of both parents and teachers is necessary. In U. S. A. parents of children are invited by the Head of the School to be present when Medical inspection is carried out by the School Medical Officer. This step has brought about a better co-operation in this work. This procedure may be tried out even here.

Mid-day Meal

Free Mid-day meal is given in some schools. To ensure that this free mid-day meal is adequate in quality and quantity this has to be supplemented. Vegetable gardens in schools, Co-operative Dairies, Central Kitchens and contributions by parents have been suggested as methods by which the Mid-day meal can be improved. The classic study of Dr. Correy Mann on English schoolboys should certainly be mentioned in any discussion with nutrition and improved well-being. The experiments were carried out over a four year period on approximately 200 boys of 6 to 10 years of age. They show clearly the value of extra milk in improving health on diets which were thought to fulfill all nutritional needs. Those on the best diet—the basal diet plus a pint of milk per day-gained approximately 7 pounds per year as compared with 4 pounds per year on the control diet. In height there was also an increased gain. Throughout the four year period there was striking improvement in general fitness, fewer upper respiratory infections and other illnesses, and improved mental capacity.

5. Balanced diet in Boarding Schools. This is an admirable field for practical application of the principles of nutrition and balanced diet. The first thing to do here is to carry out a dietary survey in boardings. Based on the findings a programme of balanced diet should be worked out. The co-operation of Managers and Principals of Schools is absolutely necessary. In most boarding schools it is probably the question of money.

Our Astrological Feature

WEEKLY FORECASTS

"SRIPATY"

FROM 24TH JULY TO 30TH JULY 1949.

ARIES Aswini, Barani, Kartikai 1st part—[Medha Rasi]

This week appears to favour harmonious domestic conditions. Useful changes could be initiated. Travel or change of place may be necessary to give a finishing touch to an important deal.

TAURUS Kartikai 2, 3, 4, Rohini, Mirugasirisha 1.2—[Idapa Rasi]

Better get your ideas in order if you want to accomplish anything this week. Don't waver and postpone things indefinitely. Gains through friends of the opposite sex indicated week end.

GEMINI Mirugasirisha 3, 4, Thiruvathirai, Punarpusam 1, 2, 3—[Mithuna Rasi]

Your personal relationship will be at sixes and sevens this week. From a business point of view it ought to be a good one. Financial position will improve and long expected things will materialize.

CANCER Punarpusam 4, Poosa, Ayilya [Kataka Rasi]

Most of your outstanding problems will clear this week. Take pains to keep fit. Much social success and financial gain shown week end.

LEO Maha, Poora, Uttira 1, part—[Singha Rasi]

Avoid lending or borrowing this week. There will be a stigma in your profession or business. But domestic conditions will improve and a friend will help you to solve a problem week.

VIRGO Uttira 2, 3, 4, Aitta, Chittirai 1, 2—[Kanni Rasi]

Be content to get your plans in order and see that you have sufficient money in hand for starting new ventures. A good week to settle young people's affairs or plan any entertainment.

LIBRA Chittirai 3, 4, Swati, Visaka 1, 2, 3, [Thula Rasi]

Whatever uncertainties or difficulties there were in your professional or business sphere will disappear this week. Success in litigation and ruin to enemies also shown.

SCORPIO Visaka 4, Anusha, Kettai [Vrischika Rasi]

Domestic matters may become awry on the first two days of this week. Avoid disputes and quarrels if you are having a hot tempered wife. Your boss also will turn a deaf ear to complaints. Lie low and keep your temper under control.

SAGITTARIUS Moolam, Pooradam, Uttiradam 1. [Tharu Rasi]

Beware undue extravagance within the household first part of the week. In laws may land you into difficulties if you trust them too much. Week end will bring in some financial gains.

CAPRICORNUS Uttiradam 2, 3, 4, Thiruvonam, Avittam 1, 2. [Makara Rasi]

Health of your children may be affected earlier this week. Mental peace will be very far away from you on Wednesday Thursday and Friday. Week end will bring in some good news.

AQUARIUS Avittam 3, 4, Satyam, Pooradadi 1, 2, 3, [Kumbha Rasi]

Family relationship will be strained this week. Clashes likely with friend of the opposite sex. Financially a good week. Spend Friday afternoon and Saturday with care.

PISCES Pooradadi 4, Uttiradadi, Revathi. [Meena Rasi]

Some chances of speculative good fortune shown this week. But mental peace and happiness is not shown. Petty official troubles also indicated. Avoid clashes with friends.

A SENSE OF URGENCY IN NATIONAL CONSCIOUSNESS

(Continued from page 1)

means for their economic emancipation. Such haphazard development in the field of education can only result in the creation of an army of ill-educated or half-educated unemployed.

Economic National Development

The State can no longer adopt a policy of laissez-faire in the field of education. There must be a close and constant correlation between educational advancement and economic national development. The Government is pledged to the cause of free education and equality of opportunity for all. You are all aware of the colossal commitments undertaken by the State to honour this pledge. Obviously the Government cannot merely spend the money without any concern for the return the country as a whole is to get from the expenditure involved. It is not only the right of the Government, but its clear duty to foresee what the country requires and and so direct expenditure of money and effort that the desired results are produced. Our material and moral resources must be fully mobilized in accordance with some long-term plan.

Training On Machines

The most direct form of return for educational expenditure is where it is directed towards vocational training, generally in the skilled arts and especially in technology, and for any large-scale development of industry a significant proportion of our population must be trained up on machines as quickly as possible. The written and the spoken word, the ability to receive and transmit knowledge and ideas are two powerful tools in the technician's outfit; but this is like the white of the egg essential for life and growth but likely to disappear after it has served its purpose. It cannot be an end in itself at least as far as technical training is concerned.

One of the Civil Service Commissioners remarked to me after the viva voce test last year that more than 80 per cent. of the candidates had little or no practical knowledge and not even a hobby to speak of. This lack of interest in things that matter by the cream of the country's talent is deeply to be deplored. Lower down the ladder it is my distressing experience that while so many are keen to make others work few are willing to work themselves. Young men want jobs and not work. This is not as it should be. In other countries a man becomes a supervisor of work which he has done himself for a number of years.

Talent Not In Shortage

I am happy to say that in Ceylon there is no shortage of talent at all. Some extremely skilled mechanical work is being done at the Cement Factory by the cloth and banian worker fully up to the standard of highly skilled craftsmen in Europe, and I feel sure that given better opportunities and taught to regard working with hands as dignified, our men will supply all the skilled labour this country stands in need of, but in the realm of higher technology we have to get men either from abroad or select some person here who has to be carried as a passenger for several years

before he can make a definite contribution at all.

Mechanize Cottage Industries

Technical education comprises both theory and practice. Some of us learn far more by practice than by any amount of theoretical learning, but progressively theory is assuming greater and greater importance in the mechanical world of today. We do not possess the advantage of the West in that the children there grow up with machines and each successive generation is closer to the machine civilization. We must therefore encourage our population to handle more and better machines from their earliest years. This may not be possible in an exclusive factory system, and one way of effecting the desired objective would be an increased mechanisation of our cottage industries.

I am extremely impatient of the general concept behind the words "cottage industry," viz, the idea of a half-fied and half-clothed labourer making mats out of grass or pots out of clay. Small machines ought to be brought to the homes of villagers to enable them to do in their homes specialised jobs that in the West are carried out in a highly organized factory. The practicability of this idea has been demonstrated by the example of Japan, which within a period of 80 years changed from a backward race into one of the most highly industrialized and progressive of modern nations. May I ask you, can we not do what Japan has done, provided we display the same qualities of grit and perseverance, patriotism and loyalty. In this way the self-respect of the ordinary worker would be built up quickly, and to the humblest cottage dweller the phrase "deus ex machina" will have a quite literal significance. Cottage industry thus will furnish one fundamental essential, but that is only a beginning and on this foundation must be built a superstructure capable of expansion and development in every direction; but what of the future?

Creative and Inventive Talent

It is estimated by statistical data obtained from some of the advanced and progressive countries of the world that of the total school-going population not more than 20 per cent. on an optimistic estimate, could go in for or benefit by University or professional training after a fitness and intelligence test at the age of fourteen plus. Of these, I feel that at least five per cent with the necessary aptitude ought to be siphoned off into institutes of technology, production, engineering institutions, apprenticeship courses and the like. These young men on passing out should man industry and keep it alive. This will be the creative and inventive talent of industry and through it of the entire Community. This element will be the cream of the country's talent and would respond very sensitively to internal forces.

Duty of the State

It is the prime duty of the State therefore to create such conditions that this element will be attracted in the first place and maintain such conditions so that it will remain in the service of industry. One means of creating the conditions essential for the achievement of this essential

Muscles—Their Functions

A Scientific Study

Most human suffering comes from disordered action of muscles. Statisticians say that failure of the heart muscle, or the muscles of the walls of blood vessels, is the immediate cause of 50 per cent. of all human deaths. But what is muscle? How does it translate chemical and energy changes into visible physical action in a fraction of a second?

Fifteen scientists of the newly formed United States Institute for Muscle Research are trying to find answers to these questions. The Institute, sponsored by the U. P. Public Health Service, is believed to be the first of its kind in the world. The scientists are working at the Marine Biological Laboratory at Woods Hole, Massachusetts.

The scientists are led by Dr. Albert Szent-Gyorgi, Hungarian born biochemist who received the Nobel prize in 1937 for his discovery of Vitamin C (ascorbic acid)—the antiscorbutic substance. He is one of many great scientists from other countries now conducting basic research in the United States.

Dr. Szent-Gyorgi says:

"Our first step into life begins with the work of muscle, the uterus, and life ends with the failure of the heart muscle... No end of human suffering comes from the wrong functioning of muscles. We cannot, however, expect to do something about the failure and disordered action of muscles until we know what muscle is."

All matter—living tissues like muscle as well as fissionable uranium—is composed of atoms, the Hungarian born scientist points out. The scientists at the Muscle Research Institute will attempt to unite what physicists know about the behaviour of the atom with a knowledge of energy exchange in living material.

"When we can do that" Dr. Szent-Gyorgi predicts, "it will be child's play to tell medical scientists how to put the human machine right when some part of it goes wrong and breaks down. We are approaching very fast an understanding of the basic principles of life."

Ceylon Government Railway TENDER NOTICE

The Chairman, Way and Works Head Office Tender Board, will receive, at the Chief Engineer's Office, C. G. R., Mac Callum Road, Maradana, tenders up to 2.30 p.m. on Friday, July 29, 1949 for laying Sewage connections to Six Sets of Workmen's Dwellings at Maligawatte, Colombo.

For further particulars please see Government Gazette of Friday, July 8, 1949.

Sgd. W. A. SHAW,
Chief Engineer, C. G. R.
P. O. Box No 370,
Colombo 1-7-49.
(G. 44, 15, 19, & 22)

desideratum would be to have a small workshop in every post-primary school where children who are going through the rudiments of academic education can be put through the elements of mechanical training.

Most of planning industrially or economically is long-term, and necessarily so, since we have to start completely from scratch. Those who habitually expect the millennium by the next post are likely to be disappointed; my immediate purpose here is not to offer a cure-all, but to awaken a sense of urgency in the national consciousness.

Thiruketheeswaram Temple

Reconstruction

Committee's Activities

A meeting of the Working Committee of the Thiruketheeswaram Temple Restoration Society was held recently at the Old Kathiresan Temple, Bambaipitiya. Mr. K. Ramachandra presided. It was decided to hold meetings in Jaffna in August in support of the movement for the restoration of the temple. The draft rules and constitution for the Society were considered and after certain suggestions for amendments and additions were made, the matter was allowed to stand over for a subsequent date. Mr. C. Ragnathan was co-opted as a member of the Working Committee.

The annual Sangabhishekam festival of the Thiruketheeswaram temple also took place lately. Over five thousand devotees from different parts of Ceylon participated in the festival. The arrangements in connection with the festival were made by the temple authorities and the Hindu public of Mannar.

A SON WORTHY OF THE FATHER

(Continued from Page 1)

known teachings of your revered father. Really this is surprising. I have received many letters full of abuses. I do not consider that they were written by any disciple of your revered father.

Anyway I must request you to see me and if possible with some prominent disciple of your father, particularly who is not interested in any power politics and to bring to my notice my most fatal mistake. Otherwise I shall always feel that this show of mercy is nothing but an eye wash.

Sticking To The Truth

If you actually see me and have a talk with me either sentimentally or on reason, who knows, you will be able to change me and make me repent or I may change you and make you realise my stand. The condition of the talk must be that we must stick to the truth alone. Again I express utmost regrets as a human being for your sufferings due to the death of your father by my hands.

Yours sincerely,
Nathuram V. Godse.

N. B.—If you prefer, then please send a copy of this to H. E. the Governor-General of the Dominion of India.

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Chief Editor T. MUTTUSAMPILLAI