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Jaffna Railway Passengers' Assn.

DEPUTATION MEETS G. M. R.

Revision Of Time-Table Promised

A deputation of the Jaffna Railway Passengers' Association consisting of Messrs T. K. Rajasekaram, R. N. Sivapirakasam, Y. Kandavanam, S. Sabaratnam and K. Muttulingam met Mr. M. Kanagasabay, Acting General Manager of Railways on Friday at the Chunnakam Station and placed before him a long list of grievances of the railway passengers and pleaded for an early revision of the time table providing for speedier trains, additional rail cars and also for the provision of facilities at stations for passengers.

The G. M. R. examined each of the grievances in detail and promised the deputation that a minor revision of the time-table would be effected early and that the question of providing additional service would be given due consideration.

He also suggested that the mail trains should run express at way-side stations in the peninsula stating that such an arrangement would not only facilitate speedier service but would give the passengers additional trains. But the deputation was of opinion that way-side station was as important as others.

Regarding platform extension the G. M. R. said that lack of funds prevented him from attempting any more work in that direction.

The deputation thanked the G. M. R. for his patient hearing.

Interview With Mr. G. G. Ponnambalam

On Sunday another deputation of the Passengers Association met Mr. G. G. Ponnambalam, Minister for Industries and acquainted him with the needs of the Jaffna Railway Passengers.

The Minister said that he had on several occasions taken up the question with the Railway and promised to look into the matter and discuss the question with the Minister of Transport and the G. M. R. again.

Gandhi Jayanthi In Jaffna

Indians Present Gandhi Literature To Municipal Library

"People called Gandhiji a philosopher, an Avatara Parusha, a religious leader and many other things but they are yet to define him suitably although each of these epithets fitted him well" said Mr. Sam A. Sabapathy, the Mayor of Jaffna while accepting a set of Gandhi literature presented by the Indians in Jaffna to the Jaffna Municipal Library at a public meeting held at Navalar School, Jaffna on Sunday the Gandhi Jayanthi day.

Dr. M. K. Mathew presided. Sri S. Gnanapandithan Chettiar handed over the key of the almirah in which the books were encased, to the Mayor.

Continuing Mr. Sabapathy touched on the services Gandhiji rendered and quoted the Dandhi Yatra as an example of the simple method he adopted to awaken the understanding of the masses.

"Above all Gandhiji was humane" he said and narrated the story of Gandhiji's refusal to take his meals immediately after his wife Kasturba's death.

The Mayor announced that he was trying to get a statue of Gandhiji erected in Jaffna as it would always make the people remember the Mahatma and his teachings.

Janab Buhari who spoke earlier said that the world had not yet recovered from the shock of Gandhiji's death. It was a great loss to India for it was Gandhiji who made men of Indians who were slaves under the British regime. He exhorted the people to follow the teachings of the Mahatma.

Mr. P. T. Mathai submitted the accounts of the subscription collected and of the expenditure on the books.

Sri K. A. Subramania Iyer also spoke. Mr. S. Ramachandra Iyer of Ramanathan College proposed a vote of thanks.

TRUE FREEDOM

*It's true freedom but break
Fetters for our own dear sake
And with leathern hearts forget
That we owe mankind a debt?*

*No! true freedom is to share
All the chains our brothers wear
And with heart and hand to be
Earnest to make others free!*

Jaffna Health League

'Maternity & Child-Welfare'

[A Lecture delivered at Jaffna on 'Maternity & Child-Welfare' by L. C. T. Williams Asst. Director of Sanitary Services on 19th September, 1949 under the auspices of the Jaffna Health League]

Introduction

Chairman, Ladies & Gentlemen.

My first duty is to thank Mr. E. P. Rasiyah, the Secretary of the Jubilee Celebrations Committee of the Jaffna Health League for the kind invitation he had extended to me to speak to you this evening. It is indeed no small honour which I deeply appreciate and value.

While thanking you most sincerely for this invitation, I should like to congratulate you not so much on the choice of the lecturer today but on the choice of the subject. There can be no more important subject than 'Maternity & Child-Welfare' in any Health programme.

Maternity & Child-Welfare

The care of the mother and child is of national importance, because the very existence of a healthy nation depends on the care and attention which is given to this matter by the State.

It is the desire of every woman that her children should be strong and healthy; but very few have the requisite knowledge to fit herself to perform the physiological function of bearing a child and looking after it. In my opinion, the future mothers, while at school must receive sound knowledge of mother-craft and hygiene, taught to them by competent persons.

In the Maternity & Child-Welfare Clinics run by Medical Officers of Health, we also try to impart this knowledge to young girls between 12-16.

I. Care of the Mother: A. Anti-natal Clinics:

Child-bearing being a strain even in normal healthy women,

certain personal precautions as regards diet, exercise and mode of life are needed. It is therefore very necessary for every woman to consult a doctor or attend an Anti-natal Clinic for advice, as soon as she becomes aware of becoming a mother.

I shall deal briefly the work done at an Anti-natal Clinic, which has played a very important part in the lowering of not only of maternal mortality, but also of infant mortality in Ceylon.

The mother is encouraged to attend the Anti-natal Clinic at the 12th week of pregnancy—midwives in their home visits—

A full medical and obstetric history is obtained of every mother and a general routine medical examination is done by the Doctor assisted by a Public Health nurse if available and the midwife. This examination includes the examination of heart, lungs, teeth, pelvic measurements, blood pressure, urine, haemoglobin estimation and of Wasserman & Khan in special cases.

In normal cases a visit to the Clinic once a month is sufficient and the midwife and nurse while on her rounds can see the mother in the interval. This visit once a month may be made till the 28th week, then fortnightly visits until 36th week and then weekly until the confinement.

In all cases a special examination is made at 32nd and 36th week, which are mostly directed to ascertain the presentation of foetus, and the relation of the head to the pelvis. Blood pressure measurements is specially important during the last 4 weeks.

Educational Aspect

Advice is given re-diet, including priority foods such as milk, eggs and oranges vitamins, clothing, exercise, and rest and the care of the breast. Minor ailments such as morning sickness, constipation and anaemia are corrected.

Diet in Pregnancy

The best way to secure health and adequate nutrition of the infant is to provide full and balanced dietary for the expectant and nursing mother. In an experiment carried out at

Life & Light Of The World - Truth

Reflect It Within Thyself

63rd Birthday Message

Sri Swami Sivananda

O seeker! Know what you seek, and, then, seek. See you not that what you pursue here fails to give you what you truly seek, and recedes like a mirage? Nothing on earth can give you supreme joy, everlasting happiness, unadulterated bliss. Youth fades like the evening flower, strength vanishes like the rent cloud, the beauty of the body quickly gives way to the ugly death! Your pleasure centres mock at you, for you have mistaken pain for happiness, night for day, mirage for water! The real goal of your aspiration, the true object that you seek, the one treasure without which you are restless, the sole purpose for which you live your life here is the realisation of the Imperishable Bliss of the Godhead within.

Assert your existence as the Omnipresent, splendid light of the Eternal Spirit, the Atman. Stop all other speech, cease from all other work, withdraw yourself from all other thought, than that which shall open the majestic gate-way to the birthless and the deathless immeasurable Being. Be sincere, be patient, you shall reach. That which is, that which you truly seek,

Lead a life here which befits this glorious ideal of existence. Love all equally, for Atman alone is. Serve all without selfishness, for Atman alone is. Restrain from sensual indulgence, from passion greed and anger, for these go against the truth that Atman alone is. Desire for name, fame, power, wealth, contradicts the truth that Atman alone is real. Therefore, abstain from these desires and ambitions. Meditate on the Absolute Atman.

Lead Life of Spiritual Discipline

This is the message of truth for you all, the message that springs from the depth of Experience. Whole, the message which has been heard by all those who lead the divine life, who adhere to these precepts of lasting value. Hearken this clarion Call of the Rishis and the Seers of yore.—Behave not like animals, for you are not brutes! Melt yourselves in the love for That One Immortal. Lead a life of spiritual discipline which is the necessary means to your great End.

Become ye the messengers of this Truth which is the life and the light of this world. Reflect within yourselves this truth that the attainment of absolute perfection alone is the one goal, and that is possible through the Knowledge of the Self within. May the Almighty bless you all! Om Tatsat.

—Divine Life

Thiruketheesvaram Temple Restoration

A meeting in support of the above cause was held recently at Tholpuram, with Mr. K. Kanagaratnam M. P. in the chair, Senator C. Coomaraswamy, Mr. S. Sivapadasundaram, Muhandiram M. Krishnar, Vidwan Pon. Muthukumar, Mr. N. Senathirajah, Pandit T. Ramalingam and Mudaliyar S. Sinnathamby addressed the meeting on the greatness of the temple and appealed to the people to give assistance to the Temple Restoration Society. A local Committee with Muhandiram Krishnar as chairman was formed to receive subscriptions.

(Continued on page 3)



Hindu Organ

TUESDAY, OCTOBER 4, 1949

Treasure These Thoughts

From excessive attachment to any beloved object, honour is lost and disgrace incurred.

—TULSIDAS RAMAYANA

HIGHWAY CODE

HE WHO HAPPENS TO GO on the road, be he the dashing motorist, or the impatient cyclist, the care-free carter, or the plodding pedestrian, does so with an air of privilege as if possessing a right for its exclusive use. In other words all those who ride and walk on the highway individually and collectively contribute, in no small measure, to the alarming toll of the road of life and limb. We are told that an experiment is being tried in the Colombo District with a new method of reforming offending motorists. For one thing, this devising of the new method is but a tacit admission of the unsatisfactory state of affairs in regard to the issue of certificates of competence to motorists. It is freely admitted by those who sit at the wheel, that the easiest thing in creation is to become a motorist. And it is no wonder that the danger of death is lurking behind those who belong to this vocation. Are we to understand that a knowledge of the rules of the road which the police intend dishing into the dull ears of the unruly motorist is not now a requirement to be satisfied by those who apply for certificates of competence in motor-vehicle driving or is it that only the knowledge of the intricacies of motor-mechanism is considered necessary for a driver's licence to be issued.

The compilation of a code of conduct for the users of the road is certainly a welcome idea and will be a guide to all not necessarily the motorists exclusively. But the better method of ensuring safety on the highway would be to release on the road only those motorists who have had a full and exhaustive training in motor-car driving with special emphasis on the knowledge and application of the rules of the road. Whatsoever may be the stringency of road regulations, the matter-of-fact motorist cannot be understood the exact implications of his obligations to the rest of the road-users by imposing on him a set of rules which he had earlier managed, and that with impunity, to ignore.

Anyway the Police deserve to be encouraged in their venture. But the 'Safety First' campaign should be extended to the other parts of

Sri Lanka and should also bring under its scope not only the motorist but even carters and pedestrians. It is not so much in the cities and towns as in the rural areas that this class of road-users make their importance felt. It has become an unwritten convention with pedestrians and carters in rural areas to use the middle of the road despite the great personal inconvenience and worry they undergo by having to allow overcoming vehicles pass them every now and then.

Educational institutions can be of great help in this matter of social service by including in the curriculum of studies lessons on road-sense; more so because there is hardly a student today who is not a motorist or cyclist. Community centres and rural development societies also should join in this campaign to inculcate the road-sense in those who arrogate to themselves the entire use of the public highway without realising the fact that such inroads on the rights and privileges of others bring disaster on both the offenders and the innocent.

Here in Jaffna the disregard for rules of the road is very pronounced; it is greater by night than day, cyclists pedalling up in frantic hurry and carters rolling on lazily without the semblance of even a dim and flickering light and still using the middle of the road. There are occasions when carters drive along with grim determination not to budge even an inch from the path they take, and that with a sundry collection of long posts and poles all dangerously protruding out. Hawkers who are great offenders in this respect, take on their bicycle carriers heavy luggages which extend sideways and always run the risk of being dragged into collisions with other faster vehicles. This is a matter for immediate attention and we hope that all local government institutions, especially the Village Committees and Town Councils would frame suitable regulations to punish those users of the road who fail to observe the 'safety' rules with a view to making the highway safe for traffic and transport.

Jaffna Oriental Music College

Office Bearers Elected

At a General Meeting of the Board of Directors of the Jaffna Oriental Music College held last Saturday the following office bearers were elected.

President: Mr. T. Muttusamy Pillai, Crown Advocate. Vice Presidents: Messrs M. R. Karalasingham, Proctor, K. K. Nadarajah B. O. L. and S. P. Rasiah; Secretary: Mr. P. Chandrasegaram, Asst. Secy: Mr. K. Saravananmuthu, Treasurer: Mr. V. Sivabramaniam, Proctor.

A committee consisting of ten members was also elected.

COCONUT COMMISSION REPORT

CO-OP. MOVEMENT TO BE UTILISED

SUMMARY OF RECOMMENDATIONS

Issued as a Sessional Paper the report of the Coconut Commission contains several far-reaching recommendations one of which is the creation of a separate fund for the relief and rehabilitation of the coconut industry.

Here are some of the recommendations of the Commission:

Abolition of the Coconut Research Scheme Board and the Ceylon Coconut Board, and their replacement by a Central Board, legally constituted.

The Central Board to consist of seven persons representing planting, manufacturing, industrial and commercial interests (inclusive of Government interests) concerned with all aspects of the coconut industry.

Creation of the Rehabilitation Fund into which the Government should contribute annually Rs. 5 million from general revenue or into which the Government should pay all duties in the past, present and future, collected from export duties on coconut products, and all profits from trading activities in coconut products.

Utilisation of the Co-operative movement:—(a) for marketing produce at good prices, (b) for manufacturing of good quality copra, desiccated coconut, &c., (c) for operation of kilns and mills, (d) for propaganda re replanting and correct cultivation methods, (e) for opening nurseries to supply seedlings, (f) for loans against crops to members, (g) for supplying subsidised manures.

Uneconomic lands to be used for other crops. Subsidies in respect of these to be restricted.

Crown lands suitable for coconut plantation to be mapped and alienated early.

Acquisition of estates—Government policy in various areas to be laid down and given publicity to afford a sense of security. Acquisition of good coconut estates to be avoided. Implementation of Mortgage Commissions recommendation regarding acquisition of small and uneconomic holdings.

Copra agreement—longer term to be negotiated in order to carry out rehabilitation programme.

Propaganda to reach planters and smallholders. More information to be made to reach planters. Pamphlets in Sinhalese and Tamil in simple language to be issued.

Enforcement of Plant Protection Ordinance to prevent the spread of pests and diseases if persuasion fails.

Training courses and certificates, refresher courses and

field days to be organised for Conductors and Superintendents.

Deterrent punishments for cattle trespass and thefts of praedial produce.

Roads and drains to be so conducted as not to impede the flow of water.

"Soil defence" plans to be evolved and carried out.

Greater use of Government credit institutions to implement the rehabilitation programme. Easy term loans to be granted, and equitable mortgages and loans against crops to be adopted to assist producers.

The Coconut Research Scheme to undertake consumption research on a larger scale for utilisation and marketing of bye-products.

Commodity Purchase Depots at Matara, Jaffna and Batticaloa, provided co-operative mills are non-existent in these places.

Propaganda abroad necessary, especially as the buyers' market is disappearing, or has disappeared.

Standards of quality to be established and maintained.

Quality of copra to be improved. Standard grades to be adopted. Better kilns to be built by producers with the help of loans.

Development of our markets and capturing new ones.

Poonac exports to be allowed on export licenses, provided that sufficient poonac is retained for the island's cattle population.

Encouragement of increased soap consumption and development of an export trade in soap.

Coconut oil to be exported in preference to copra so as to keep mills working and thereby providing employment.

Exports of fresh nuts to be encouraged at the present price.

Improvement of roads and the development of canal traffic as well as coast-wise traffic.

Formation of an International Coconut Market Expansion Board.

Modernisation of desiccating machinery and coir mills and research in manufacture with a view to improve quality of coir goods.

Duty on desiccated copra to be reduced. The margin of profit to the trade in

UNESCO.

Ceylon Now A Member

Unanimous Election

Ceylon was elected a member of the United Nations Educational, Scientific and Cultural Organisation (U.N.E.S.C.O.) at a General Conference held at Paris.

Dr. Sarvapalli Radhakrishnan, India's Ambassador to Russia and Chairman of the U.N.E.S.C.O.'s Executive Board, formally proposed Ceylon's membership of the Organisation. The motion was carried unanimously.

"This gives me very special pleasure as India and Ceylon have been connected for many centuries in matters of politics, culture and economics," Sir Dr. Radhakrishnan stated. U. N. Monument

Dr. Herbert Evatt, Deputy Prime Minister of Australia, said in a message he believes the Universal Declaration of Human Rights would "stand as a lasting monument to the United Nations".

Dr. E. Ronald Walker, Australian President of the United Nations Educational Scientific and Cultural Organisation's General Conference read Dr. Evatt's message at the opening of the Organisation's exhibition on the Rights of Man.

Dr. Evatt, who presided over the U. N. O. General Assembly which adopted the Universal Declaration of Human Rights in Paris last year, said: "I believe this declaration will stand as a lasting monument to the United Nations and to the great city of Paris especially having regard to its historic association with many past struggles for the liberation of the human spirit."

"The declaration was a solemn pronouncement by governments that power exercised by governments is to be used by them, in trust, for the benefit of those they govern".

the present duties on coconut products to be increased.

Batticaloa, Jaffna and Puttalam to be represented on the Wages Board.

Separate regulations for housing of labour on coconut estates.

The Commission consisted of Messrs. S. Pararajasingham (Chairman), T. Amarasuriya, R. Child, S. R. de Silva, T. C. A. de Soysa, C. R. Fluckiger, E. Muttucumaru, D. P. Perera, V. Rajapakse, E. J. O. Richardson, B. R. Rustomjee, W. J. Willigenberg and H. E. Tennekoon (Secretary and Liaison Officer).

West Jaffna Teachers' Association

The Annual General Meeting of the above Association was held on 28-9-49 at 5 p.m. at Jaffna College, Vaddukkoddai. The following were elected as office-bearers for the ensuing year:—

President:—Mr. A. C. Sundarampillai.

Vice-President:—Miss. E. K. Mathiaraman.

Secretary:—Mr. V. Subramaniam.

Treasurer:—Mr. P. Navaratnam.

Committee Members:—Messrs. S. V. Balasingham, Thangarajah, S. Ramalingam, M. Vaitthianathan, Miss. Alice George.

Auditor:—Mr. D. S. Sanders.

Representatives to the N. P. T. A. are:—

The president, the Secretary and Mr. K. C. Thuraiyennam.

Representative to the A. C. U. T. are:—Mr. S. V. Balasingham, Mr. L. S. Kulathnagam and Mr. A. C. Sundarampillai.

Saraswathi Pooja Celebrations

At Maharagama

A lecture on 'the Divine Concept of Knowledge' was delivered by Mr. S. U. Somasegaram, Education Officer, Colombo at the Govt. Training College, Maharagama in connection with the Navarathiri Pooja. The speaker laid great emphasis on the need for teachers to direct their whole attention to the urgent problem of making school children more religious minded.

Mr. K. Kanagaretnam; Parliamentary Secretary to the Education Minister appealed to the Teachers to propagate Hinduism.

Mr. A. S. Kumaraswami proposed a vote of thanks.

At Tellippalai

Speaking at the Mahajana College Pooja celebrations Mr. R. N. Sivaprakasam said that how much Mahadesura threatened the peace of the Universe in the Puranic ages, so much atheism is under the cloak of revolutionary political propaganda is endangering human progress and suggested that all those who believed in selfless service should perform a Thapas to eradicate this evil.

Mr. T. T. Jeyaratnam, Principal presided and spoke on the necessity for such religious activities.

Sangeetha Vidwan Pone, Muattukumar and party gave recitals of religious songs.

REFRESHER COURSE FOR TAMIL TEACHERS

'MOULD YOUTH'

—Says Mr. K. Kanagaratnam

Addressing a large number of Tamil Teachers of the Colombo and Negombo districts on the concluding day of their Refresher Course in Colombo, Mr. K. Kanagaratnam, M. P. Parliamentary Secretary to the Minister of Education congratulated the organisers on their new outlook on Education as disclosed in their three days' programme dealing with various subjects which vitally concerned the youth of this country to make them useful citizens and requested them to follow with more than mere academic interest the far reaching educational changes that are engaging the active consideration of the Government at the present moment. The days when education was chiefly directed under foreign rule to the production of the largest section of the human machinery in administration are gone and today it should aim at turning out good and useful citizens who will make substantial contribution according to each individual's capacity and ability to the national wealth of the country. It should also aim at reconstructing society by removing all its social disabilities and placing it on the high pedestal of character and ability. In this respect, Mr. Kanagaratnam referred to India setting up an ideal State as contemplated in its new constitution.

Dignity of Labour

The main task and responsibility rested with the teachers, specially teachers who handle children in the early stages of their life, as they alone can lay the true foundation for the development of the personality of the child as a whole. Gandhi's ideals of creating in the child a full sense of appreciation of the dignity of labour in whatever form they can contribute to the well being of society should be fostered in the new educational set up. It is only in this way that the present social inequalities based on one's trade or calling accepted by society can be removed and a healthy atmosphere created for harmonious life. It should gladden the hearts of the teachers that the high place they occupied in ancient days are being restored to them by a world movement to grant them their charter of rights and whatever their quarrels are with the Government in regard to their pay and prospects, they should not in any way be allowed to interfere with their duties and obligations to their society and their country in dealing with the various problems of the youth placed in their charge. What is wanted today is right and unselfish leadership to build up a peace loving and harmonious society in a free country with diverse peoples and religions but nevertheless with one aim to serve their own motherland.

Responsibility of Teachers

Teachers are the builders of the nation and they should themselves be imbued with a sense of pride in that they are moulding the character of the youth will in due course be called upon to take charge of the administration of the country. Regarding the recent criticisms of his advocating the study of Sinhalese by the Tamils and vice versa Mr. Kanagaratnam maintained that in the present economic state and size of a small country like Ceylon,

it will be a suicidal policy to create a political division on the basis of language and if for no other reason at least for a peaceful life and better understanding of all the people who claim this country as their own the two languages should find equal places in the administration and social life of the country. If the English language which was compulsory under the foreign rule had been studied with such efficiency for the last 125 years there was no reason why the indigenous languages should not be studied with equal efficiency in order to serve all people in their economic and social life. Mr. K. Kanagaratnam instanced the case of several schools and colleges in Jaffna which had introduced Sinhalese as a subject even without the Government aid. The protagonists who emphasis the development and use of their respective languages alone to the exclusion of others will do great harm to the economic life of the country. The study of English although it had produced a set back to the use of the indigenous languages for years has not entirely destroyed them as evinced by the national consciousness among the people particularly during the last quarter of a century.

Three Day Course

The Refresher Course for Tamil Teachers of Colombo and Negombo Districts was opened by Mr. S. U. Somasegaram Government Central School on Monday 26th of September 1949.

The Course lasted three days and on the last day a lunch was arranged for all the three hundred teachers who took part in the Course. Mr. S. U. Somasegaram presided at the lunch and the chief speaker Mr. V. K. P. Nathan Editor in-chief Thinakaran entertained the teachers with an interesting and instructive speech. Subjects like teaching of art, language, music, poetry and number in Infant classes were discussed.

Mr. K. Kanagaratnam who opened the Course on the concluding day emphasised the teaching of Sinhalese to Tamil children in the interests of economical conditions of the Tamils. This course was organised by Mr. V. Sankaralingam Inspector of Schools and Mr. Kanagasabai Secretary of the Refresher Course.

Paris Police And 'World Citizens'

Gandhi Day Incident

Supporters of Garry Davis, 28-year-old self-styled "No. 1 World Citizen", staged a big demonstration outside the Cherche-Midi military prison at Paris to commemorate Gandhi's birthday.

The "world citizens", who advocate a system of world government, were honouring Gandhi because of his non-violent resistance.

At the same time police raided the unofficial headquarters of the movement and hauled twelve "world citizens" off to the police station.

Picketing of the prison started a fortnight ago following the arrest of Jean Moreau, a French conscientious objector. Davis and his supporters demanded that the police release Moreau or lock them up as well, since they shared Moreau's views.

'Maternity & Child-Welfare'

(Continued from page 1)

Toronto, it was proved that mother having a good diet such as extra milk 1½ pints a day, an egg or orange daily and Vitamin D capsules 2000. I. U. had better health during pregnancy and fewer complications, safer confinement than those on a poorer diet. Though the average birth weight of the babies did not differ, yet the babies of mothers not receiving good diet, had frequent colds, bronchitis, pneumonia and anaemia.

B. Confinement

In domiciliary midwifery, the confinements take place in the homes of the mother and the midwife attends on normal confinement. When home conditions are not satisfactory, it is best to have the confinement in a Maternity Home or in a Maternity Hospital. The Maternity Homes are only for normal cases and on the detection of any abnormality such as post-partum, haemorrhage or retained placenta the midwife can send for the nearest Medical Officer for assistance. The patient can also be transported to the nearest hospital.

C. Post-Natal

It is best to see the doctor about the 6th and 12th weeks after delivery. The first examination is at the end of the lying-in period either at patient's home or the hospital or a Nursing Home or Maternity home.

At the post-natal examination

1. Examination of the baby and expert advice on infant feeding and management

2. Estimation of mother's health, her diet, etc.

3. Physical examination of the mother including

- (a) Blood pressure
- (b) Urine
- (c) Breasts
- (d) Any abnormal discharge &
- (e) Examination of pelvic organs.

Plenty of fresh air, daily outdoor exercise such as walking and regular hours of sleep 8 hours. Diet simple, wholesome, nutritious and easily digested. Milk about 1½ pints should be given during the 24 hours at the time of the ordinary meals balanced diet, fruits and vegetables, plenty of extra fluid—a tumbler of water before each time of nursing the baby.

11. Care of the Child

Breast milk is baby's birthright and unless it is contraindicated for some special reason, no mother has the right to deny it to her child. Breast milk is pure, fresh and uncontaminated. The baby should have regular hours of feed-

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D. I. M. & S. (Ceylon)

L. M. S. (H. A. L. B.)

M. I. H. A. (India)

GERMAN AIURPATHY

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(M. 131 4-28)

ing. A healthy baby after the first week or two should be nursed once in 4 hours at 6 a.m., 10 a.m., 2 p.m., 6 p.m. and 10 p.m. Babies often cry when they are thirsty and water should be given frequently before the feeds. The habit of feeding a baby whenever it cries is a pernicious one.

If the mother's milk is deficient, every effort should be made to increase it and failing all efforts, artificial milk is given as a complementary feed, immediately after the baby had a free 6 minutes at each breast.

Weighing: A baby should be weighed shows gradual increase. A baby increases weekly in weight by 4 to 6 ounces. It doubles its weight in 5 months and triples in one year. If 7 lbs. at birth, 14 lbs. at 5 months and 21 at one year. After 6th or 7th month, the front teeth begin to appear; but sometimes teething is delayed, the baby is apt to become grumpy, refuse food and suffer from digestive disturbances during teething.

Weaning: After the 29th week, the baby should be weaned. The process of weaning should be gradual. Malted crusts or crisp toast may be given to a child to bite probably 5 to 10 minutes before his feeding time. Later a piece of boiled fish and patty rice may be given as one of the feeds.

If the mother suffers from discomfort, she should restrict taking fluids, take some purgative and put on a firm binding.

Summary

The care of the mother and child depends on:

(1) The proper ante-natal supervision at a Maternity and Child-welfare Clinic. The Government has organised such Clinics throughout the Island, but owing to lack of personnel such as Medical Officers of Health, Public Health Nurses and midwives, the service is not yet complete.

(2) Provision of proper medical aid at confinement—domiciliary or in Maternity home or Maternity Hospital.

(3) Infant and Child-welfare Clinics where babies are weighed and advice is given re diet, tables and minor ailments are treated with codliver oil etc.

Before I conclude my talk, may I be permitted to make a

(Continued on page 4)



China—Communist Premier

Chou En-lai, Foreign Affairs expert of the Chinese Communists, has been appointed Premier and Foreign Minister of the Communist Government formed this week.

Singapore—Gandhi Statue

The first statue to Mahatma Gandhi to be erected in South East Asia was unveiled on Sunday in Singapore on the 80th anniversary of his birth.

The bust size statue was unveiled by Mrs. Chandan Kalelkar, daughter-in-law of Gandhi's lifelong associate Mr. Kaka Kalelkar at the local Gujarathi Club.

New York—Mahatma Remembered

Mahatma Gandhi's birthday was celebrated at New York on Sunday under the auspices of the India League of America. A service was held at the Community Church at which the speakers included Mr. J. J. Singh, President of the India League, Mrs. Sucheta Kripalani and Mr. B. Shiva Rao, members of the Indian delegation to the United Nations, and Mr. Donald Harrington, Minister of the Community Church. The speeches were preceded by the singing of hymns by a party of Indian students.

It-1—Soviet Blamed

Count Carlo Sforza, Italian Foreign Minister on Sunday attacked the Soviet Union for preventing Italy's admission to the U. N. O.

"The Soviet Union has no right whatsoever to make our admission to the United Nations dependent upon conditions which do not concern us," he declared before the U. N. O. Political Committee.

Weavers' Welfare Society For Jaffna

At a conference held at the Divisional Office of the Dept. of Industries, Jaffna, of the representatives of Weavers, Weaving Societies and others interested in the promotion of the Weaving and Textile Industry, it was unanimously decided to inaugurate "The North Ceylon Weavers' Welfare Society."

The following were elected office-bearers: President: Mr. A. T. Vethaparanam, Vice-President: Mr. E. P. Rasiah, Hon. Secretary: Mr. A. T. Muttuvelu, Joint Secretary: Mr. K. K. Mathiaperam, Treasurer: Mr. K. Arumugam with a Committee of 10 including Miss Book-Walter.

It was decided (1) to celebrate the North Ceylon Weavers' Day on Sunday the 10th instant with an Exhibition of locally manufactured textiles to be held at the Jaffna Central College Hall. (2) To request the Hon. the Minister of Industries to declare open the Exhibition. (3) The Weavers and textile workers from various centres are to assemble at Perumalkovilady and go in procession to the Esplanade and there (weather

REWARD Rs. 25

Somawathy alias Emalawathy a girl who was in my house left without my knowledge on August 27. Sinhalese girl. Age 11. Complexion fair. Short stature. Round face. Hair cropped. Projecting teeth.

A reward of Rs. 25 will be given to those who can point out or give me information about her.

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(M. 132, 4)

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M. 133 — 4-10-49.

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28, Main Street, Jaffna.
(Std. 21-13, 23).

permitting) a Public meeting is to be held (4) Ministers and M. P's will be invited to speak on the economic importance of the Weaving Industry and thereby making the people Industrial-minded.

Mr. Vethaparanam the president thanked all present for attending the conference and spoke on the absolute necessity of harnessing the entire strength of the weavers to fight for their legitimate rights and not waste time and energy in futile pursuit of political chimeras. He urged upon the Society to work indefatigably to restore to its ancient greatness the art that played such a significant part in the economic life of the country.

He also thanked the Officers of the Dept. of Industries for the assistance they are giving the society.

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G. G. Ponnambalam K. C., M. P., Minister of Industries	50	00
J. Tyagaraja Bar-at-Law, Ward Place, Colombo	50	00
S. Sivasubramaniam, Proctor, Colombo	25	00
S. Sivasundaram	25	00
H. M. V. Ram Iswara	25	00
R. Kanagasundaram	10	00
R. Namasiyayam	10	00
N. Kumarasingham Advocate	10	00
M. S. Tiruvilangam Addl. Asst. Controller of Establishments, Colombo	15	00
M. Namasiyayam Asst. Acct. Port-Commission	15	00
P. S. Thuraiappab, J. P., Colombo	10	00
K. V. S. Sundaram, Colombo	25	00
Total	290	00

ORDER NISI

IN THE DISTRICT COURT OF
POINT PEDRO

Testamentary Jurisdiction No. 397

In the matter of the Intestate Estate and Effects of Packiam wife of Sinnathamby Navaratnam of Ududipidy Deceased

Sinnathamby Navaratnam of Ududipidy presently of Wadugoda

Vs Petitioner:

1. Sinniah Kandavanam
2. Navaratnam Sakthiendra
3. Navaratnam Balendra, all of Ududipidy

The 2nd and 3rd Respondents are minors appearing by their Guardian-ad-litem the 1st Respondent

Respondents

This matter coming on for disposal before S. R. Wijeyatilleka Esquire, District Judge of Point Pedro, on the 5th day of July 1949 in the presence of Mr. V. Tharmalingam Proctor on the part of the Petitioner and the affidavit of the said Petitioner dated the 25th day of September 1948 having been read:

It is ordered that the Petitioner above-named be and he is hereby declared entitled as the husband of the deceased above-named to have Letters of Administration to the estate of the deceased issued to him accordingly unless the Respondents or any other person or persons interested shall on or before the 8th day of September 1949 show sufficient cause to the satisfaction of this Court to the contrary.

The 5th day of July 1949

(Sgd) P. Sri Skandarajah
District Judge,

The foregoing Order Nisi is ex-

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(Std. 21—13, 23)

tended until the 6th day of October 1949.

(Sgd) P. Sri Skandarajah
District Judge

The 8th day of September 1949

(O 79 30 & 3)

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'Maternity & Child-Welfare'

(Continued from page 3)

rapid survey of the growth and development of the Public Health Services in the country, and point out to you some of the milestones on its progress. I do so, because, as Ag. A. D. S. S., I take a legitimate pride, in the efforts of the Health Department to deal with various problems which confront the State.

(1) The Public Health Branch is the recent development of the Medical Service in the Island having its origin in 1913 when a Sanitary Branch was created with a Sanitary Commissioner and 2 Assistants and a few inspectors. During the course of 36 years it has expanded in strength which even the most optimistic pioneer at that time would not have even dreamt of.

Exclusive of the Municipality of Colombo, Galle and Kandy, there are 104 Medical Officers of Health, 42 Public Health Nurses, 572 Sanitary Inspectors and 700 Public Health midwives.

This growth is consistent with modern trend in all progressive countries to accord great importance to preventive medicine—particularly in a Tropical country where the major problems are prevention in character.

(2) The second milestone is the appointment of a S. M. O for Colombo in 1918; brought on a motion in the old Legislative Council by the Hon'ble Mr. Tillekeratna. At present there are 8 full-time S. M. Os. and 6 School Health Nurses.

(3) The amalgamation in 1925 of Sanitary and Medical branches under one Head.

(4) The establishment of the 1st Health Unit at Kalutara in 1927 which gave a new orientation to the development of Public Health work in the Island.

(5) The next milestone in the organisation of Malaria Control and Health Scheme in 1937 which came into operation after the great epidemic of malaria 1934-35, when 80,000 persons died within a space of 8 months. It is the type of health work suited to rural areas and worked on Health Unit lines.

(6) The opening of the Malaria Field Training Centre in Kurunegala in 1939.

As Malaria was until very recently the chief public health problem, the opening of the Field Training Centre stimulated the study of this subject and trained medical officers of Health and Sanitary Inspectors for this specialised work.

(7) The amalgamation of the Ministry of Health and Local Government under a single Ministry of Health and Local Government is in my opinion the culmination of various measures adopted for the advancement of Public Health in the Island.

When I joined service about a quarter of a century ago, Public Health was in its infancy. We were only a few Medical Officers of Health who had Public Health Training abroad, and the problems which we had to face staggered us. There was everywhere dirt, disease, ignorance, superstition, apathy and in some instances antagonism against our work. We were surprised to find antagonism and obstruction even from quarters where we least expected to find. We were naturally unhappy in an atmosphere of this and

we sometimes wondered if the "game was worth the candle".

However we persisted on in our work silently and in course of time the opposition died away, to be replaced by hearty co-operation, when the public realised the value of our work.

Judged by the vital statistics taken from the Registrar General's Reports, great improvement has taken place in the last quarter of a century in the state of Public Health in Ceylon.

Year.	Population	D.R.	I.M.R.	M.M.R.
1921	4,521,762	31	192	21
1948	7,193,000	18.2	92*	8.2*

* Lowest ever recorded.

The significant fall in the I. M. R. from 192 to 92 is most gratifying. It is the most sensitive index we possess of physical welfare and the effect of good government.

This great reduction in the different mortality rates is without parallel in any other country in the world, and should be attributed to the activities of the Medical Dept. in providing better medical facilities with particular reference to Maternity and Child-welfare, control of malaria and improvement in sanitation.

The other factors which have contributed to this happy state of affairs is the improvement in the economic condition of the people, provision of hospitals for institutional treatment and the skill of our Physicians and Surgeons and Obstetricians and the recent discoveries of modern scientific medicines such as Penicillin, Sulpha drugs, D. D. 1. and gammosore and a host of other new drugs which are under trial.

The provision of the midday meal to the school children and the distribution of milk to infants and pre-school children through the milk feeding centres have also played a part.

I have not the slightest doubt that the Health Education by means of Health weeks which you have so ably organised has been greatly responsible for the awakening of the Health consciousness of the public, so that people have learnt to lead healthful lives and know where to go for advice and treatment.

In this connection, I should like to congratulate the League on its 25th Anniversary of its existence and wish all success in the future. I am aware of the great interest taken by your Mayor and other public-spirited citizens of Jaffna in making this organisation a success and may I be permitted to make a passing reference to one of your officers, Mr. Nadesan, whose outstanding ability in Health Educational measures is well recognised and on behalf of the Department, I wish to congratulate him on his splendid efforts.

There is still much to be done; but officers of the Medical Department will carry on our fight against ignorance, dirt and disease in the same spirit of the Happy Warrior, whose character has been so beautifully portrayed by W. Wordsworth.—

"Who comprehends his trust and to the same
Keeps faithful work and single-
ness of aim
And therefore dies not stoop
nor lie in west
For wealth, or honours or
worldly attack".

Ladies and Gentlemen, I thank you for giving me such a patient hearing.

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Chief Editor T. MUTHUSAMPILLAI.