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ESTABLISHED SEPTEMBER 11, 1889,

(REGISTERED AS A NEWSPAPER.)

# PUBLISHED EVERY MONDAY AND THURSDAY.

VOL. XXVIII-NO. 3.

JAFFNA, MONDAY JULY 10, 1916.

PRICE 5 CER

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### Order Nisi.

IN THE DISTRICT COURT OF JAFFNA.

Testamentary Jurisdiction No. 3249.

In the Matter of the Estate of the late Sivakkolunthu wife of Sanmugam Sitham-parapillai of Vaddukkoddai West Deceased.

Subramaniar Tillainathar of Vaddukkoddai

Petitioner.

- 1. Sinnachchippillai wife of Subramaniar Til-Ampalawana Mudlr. Saravanamuttoo and
- 3. Ponnuppillai all of Do. East

Respondents.

This matter of the Petition of Subramaniar Tillainathar of Vaddukkoddai East, praying for Letters of Administration to the Estate of the abovenamed deceased, Sivakkolunthu wife of Samuugam Sithamparapillai, coming on for disposal before Paul E. Pieris, Esqr., District Judge, on June 12, 1916, in the presence of Messrs. Sivapragasam and Katiresu, Proctore, on the part of the Petitioner; and the affidavit of the Petitioner dated June, 1916, having been read; It is declared that the Petitioner is the husband of the said intestate, and is entitled to have Letters of Administration to the Estate of the said Intestate issued to him, unless the Respondents or any other person shall, on or before July 13, 1916, show sufficient cause to the satisfaction of this Court to the contrary.

Court to the contrary.

June 12/20, 1916.

J. Homer Vanniasingam, District Judge.

### Order Nisi.

IN THE DISTRICT COURT OF JAFFNA. Testamentary Jurisdiction No. 3282.

In the Matter of the Estate of the late Parupathippillai wife of Kathiresu Sinnappa of Suthumalai

Kathiramu Sanmugam of Anaikkoddai

1. Kathiresu Sinnappa of Suthumalai and
2. Satkunam daughter of Sinnappa of Do.
The 2nd Respondent is a minor by
her guardian ad-litem the 1st Respondent

Respondents.

This matter of the Petition of Kathiramu Sanmugam of Anaikkoddai, praying for Letters of Administration to the estate of the abovenamed deceased, Parupathippillai wife of Kathireeu Sinnappa of Suthumalai, coming on for disposal before P. E. Peiris, Esq., District Judge, on June 19, 1916, in the presence of Mr.E. Murugesampillai, Proctor, on the part of the Petitioner; and the affidavit of the Petitioner, dated May 9, 1916, having been read: It is declared that the Petitioner is the creditor of the said intestate, and is entitled to have Letters of Administration to the estate of the said Intestate issued to him, unless the list Respondent or any other person shall, on or before July 13, 1916, show sufficient cause to the satisfaction of this Court to the contrary.

J. Homer Vannissingam.

June 22, 1916.

J. Homer Vanniasingsm, Acting District Judge.

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# be hindu Organ.

JAPPNA, MONDAY, JULY 10, 1916.

EFFICIENCY IN ORGANIZED WORK.

That a number of men severally eng-ed in the same work could immensely rease their strength and efficiency by ning together in an organized body and ing the work unitedly and methodically, mits of no doubt. The power of organi-tion is year, rarely, brought, into meatining together in an organized body and ing the work unitedly and methodically, mits of no doubt. The power of organition is very rarely brought into praction is very rarely brought into praction is very rarely brought into practical use by our countrymen. In their adiness to undergo self-sacrifice for oble purposes, in their eagerness to support all worthy undertakings for public ood, our countrymen stand second to one. The reason why they are not so owerful or so effective in their national networks as other nations are is to be bund in their failure to find the full adue of organized action. Egotism and ninability to perceive the good motives fellow workers, the spirit of cavilling and captious criticism, and similar other allings resulting from an over-weening neellectualism, are the chief causes that inder the healthy growth of many organized movements among our country-barries of success in any organized pubmovement, a certain amount of self-bregation or self-effacement is absoluteressential in every individual worker, rovided there is absolute unity of sentiment among the workers regarding the common aim among them, there should then be a generous surrender of individual freedom and a spirit of loyal allegiance to the wishes of constituted leaders as regards the details in the plan of work. The leaders and the followers and supporters in a movement act and re-act on each other. But what is more important—we movement that is effective and powful must have at its head a man of unful must have at its head a man of unful must have at its head a man of unful must have at its head a man of unful must have at its head a man of unful must have at its head a man of unful must have at its head a man of unful must have at its head a man of unful must have at its head a man of unful must have at its head a man of unful must have at its head a man of unful must have at its head a man of unful must have at its head a man of unful must have at its head a man of unful must have at its head a man of unful must have at its

given by such a personality to succeeding generations carries them onward and sustains them unshakably in their faith and hope. The Saivites of South India and Ceylon were enabled to organize themselves into a powerful united body, socially and religiously, and withstand succeeding waves of Jainistic, Buddhistic, and Mohamedan onsloughts, chiefly through the unifying strength and ennobling inspiration they drew from their Samaya Gurus and Achariyas who appeared from time to time. Our religious and social institutions which have withstood many powerful attacks through all these ages is now face to face with a force more powerfully organized, more influentially supported, and more efficiently lead than any that we had ever to contend with. Will Saivaism give way? Will the Saiva Acharas and the Saiva social institutions and organizations which have kept the Tamils moral and spiritual for all these ages, ever disappear from the community? The answer we can give to these questions depends on our power to organize dustack on our religion must be met by organized defence. Disjonted efforts by isolated individuals or small bodies of individuals, however earnest or influential they may be, must prove weak and powerless against the mighty organizations of the proselyting forces in our midst.

Education is the chief weapon with given by such a personality to succeeding

and powerless against the mighty organizations of the proselyting forces in our midst.

Education is the chief weapon with which our religion is sought to be weakened; and education must be the chief weapon with which we must ward off the enemical influences, religious as well as secular, that are operating on our religion. It we continue in the present course of allowing a large per centage of our children to imbibe their early educational influence in institutions intended to convert them to another faith, we cannot complain if our religion continues to decline in our country. The Hindu educational movement started nearly half a century ago by that selfless Saivite Saint and patriot Arumuga Navalar has continued to grow in strength. But what is regrettable to note is that it has not been able to cope with the situation and supply the demand. Though there have been many schools conducted under Hindu management, for imparting education in English as well as in Tamil, in our religious and national lines, yet, there have not been a sufficient number of institutions to supply the needs of our children, the vast majority of whom have still to resort to proselytising institutions for their education. Our countrymen have no right to remain content till they have supplied this urgent want. Nowhere in the world do we find such a state of things—a civilized community entrusting the education of a large majority of its children into the hands of men whose main object, is to convert them to another faith. Our co-religionists in India are not so dependent on foreign control in religious education as we in Ceylon are.

The reason why we have not succeeded to the required extent in our educational

The reason why we have not succeeded to the required extent in our educational activities is that we have not utilised the power of organization to achieve our ends. Our efforts have been hitherto disunited and scattered and as such they have not reaped the full benefit that is their due. If all Hindu workers would unite themselves into a central educational organization and if all the existing Hindu Schools could be brought under a central management on a federal basis, there can be no doubt that their efficiency can be higbly augmented. highly augmented.

Our Hindu readers will be glad to note that their Buddhist countrymen have earned better success in the matter of organizing their educational activities. The Buddhist educational movement started by some earnest Sinhalese leaders under the appraises of Colonel Obest The Buddhist educational movement started by some earnest Sinhalese leaders under the auspicies of Colonel Olcott, about a quarter of a century ago, was conducted in a systematic organized line. The Buddhist Theosophical Society succeeded in raising a national educational fund and in starting several English Schools, the most important among them being the Ananda College of Colombo, and more than 200 Vernacular Schools under their management. The General Manager of Buddhist Schools was an officer under the Budhist Theosophical Society exercising supervisory powers over the financial management and co-ordinating and regulating the educational work in all the schools under the Society. The managements of these schools are in the hands of men of local influence and it is to these local managers that the success of the Schools are mainly due. Unfortunately, a few years ago, there appears to have been some grounds for internal division or split among the Buddhist workers. Angarika Dharmspala who was a most zealous

supporter of Colonel Olcott, fell out with him and started the Mahabodhi Society with the Mahabodhi College in Colombo and a few other Vernacular Schools under its management. Another Society with similar objects was also started and registered under the name of the Budhist Educational Society, and this Society also had under its management a number of Buddhist. Schools. So, there were three Buddhist educational bodies working in the same field without coordination or combination of their activities. From the report of the Buddhist Theosophical Society read at its 36th Annual General Meeting held at the Society's Headquarters in Colomb, on the 20th ultimo, we are glad to learn that the Mahabodhi Society have transferred their Schools in October last to the Budhist Educational Society, which was registered last year by Government under the Societies' Ordinance of 1891. They have thus effected an amalgamation in a central organization the Buddhist educational forces. The Report thus describes the trul organization the Buddhist educational forces. The Report thus describes the success that has attended the Society's work after its registration and amalgamation with the other educational Society

eties:—

No one can say exactly how far-reaching will be the effect of this combination of forces, but it is already clear that a vast improvement has come about in the attitude of the public toward the work of the Buddhists in Education. The rehabilitation of our credit in the public mind has already resulted in most generous gifts to this now registered Society. Mrs. Jeremias Dias of Panadure is building a splendid laboratory at Ananda College in memory of her son, the late Edmund Wilson Dias. The final cost of the building, without furniture, will be about Rs. 16,000. Mr. D. D. Pedris has promised to build at once the corresponding final block of Olcott Hall in memory of his son, the late D. E. H. Pedris, at a cost of about final block of Olcott Hall in memory of his son, the late D. E. H. Pedris, at a cost of about Rs. 12,000. Another splendid gift has been put into our hands through the personal trusteeship by the General Manager Mr. W. Arthur de Silva of an estate, the income of which up to a total of at least Rs. 100,000 is to be used in founding and maintaining a school or schools for girls. This is also the gift of Mrs. Jeremias Dias.

Buddhist workers in the field of The Buddhist workers in the field of education have worked with a spirit of self-sacrifice and devotion to their religious interests in bringing about a reconciliation among themselves and organizing themselves into a united body working in a spirit of brotherhood and co-operation. Will the Hindu workers try to emulate the example set by the Buddhists?

#### NOTES & COMMENTS.

To those who sigh with despendency before the steady advance of the drink evil among the peo-THE RAPID SPREAD ple of Ceylon, the of THE DRINK EVIL enthusiasm that THE RAPID SPREAD ple of Ceylon, the of the Drink Evil. enthusiasm that marked the proceedings of the United Temperance Ralley held at Colombo and the most lucid and convincing speech of Sir P. Arunachalam at the meeting (reproduced in our last issue) should send a ray of hope. Will the people of Ceylon continue in their present course and consume yearly larger and enormous quantities of toddy and arrack leading the way to sure moral ruin and physical decay? Or would they, through their own self-exertion, supplemented by state help, throw off the yoke of this degrading monster and reassert their national virtue? When we see that other nations in other climes who have been long addicted to the drink habit, have succeeded in suppressing the evil with a strong hand and banishing it for ever from their country, we cannot but take courage and hope that in our case too, the evil is not invincible or un-eradicable. If we can by our carnest pleading, wean the authorities from the mistaken. too, the evil is not invincible or un-eradicable. If we can by our carnest pleading, wean the authorities from the mistaken impression that what they call the right of the minority in a village to drink is a legitimate right and should be respected even by the majority, our battle is practically won. Total prohibition at any cost is what the people would vote for whole-heartedly. Failing that they pray for a scheme of popular control of the drink traffic through local option.

The Hon. Mr. K. Balasingam's motion in the Legislative Council requesting Government for an The Hon. Mr. K. Balasingam on Medical Registration Ordinance so as to give all qualified Apothecuries the right to practive medicine for hed Apothecaries the right to practise medicine for gain, deals with a subject of vital importance to the public. The Hon. Member has brought this important subject for public consideration at an opportune moment since a similar question is now

before the Indian Government for solution. On March 9, 1916, the Government of India accepted the following motion brought forward at the meeting of the Imperial Legislative Council by an unofficial Member, the Hon. Dr. M. N. Banerjee:—"That this Council recommends to the Governor-General in Council that local Governments be asked to consider the advisability of establishing institutions for the purpose of giving medical students a special course of twaining conducted in the Vernaculars so as to qualify them for ordinary medical practice in rural areas, and of encouraging and assisting deserving private enterprise to provide such medical education." A Circular has now been issued by the Goand assisting deserving private enterprise to provide such medical education." A Circular has now been issued by the Government of India to all local Governments asking for their opinions as to the measures that may be adopted to carry out the object of the motion. The Hindu of the 6th instant reproduces the circular in full, and a perusal of it will convince any one that Mr. Balasingam's motion is much moderate in its demands. If on the plea of public necessity, the Government of India is prepared to concede the right to practise medicine for gain to medical practitioners trained in the vernacular, how untenable the position would be if the Ceylon Government would refuse a similar privilege to the Apothecaries trained and educated in English in Government recognized Medical Colleges in India or Ceylon. Government Apothecaries who have independent charge of rural dispensaries in Ceylon, and where the contraction of the contraction of the Government while in office, are decided similar privileges when they retire from Government service. The Circular of the Government of India thus summarises the reasons for instituting a medical qualificament service. The Circular of the Government of India thus summarises the reasons for instituting a medical qualification of a lower grade as follows, and the reasons should be equally tenable in the case of Ceylon:—

case of Ceylon:—

Reverting to the Council Resolution, it will be noticed that the main line of argument adopted was as follows:—The numbers of qualified medical men available are entirely inadequate to the demands of so large a population as is to be found in Indis; the income obtainable from private practice in a village is not sufficient to attract either an assistant surgeon or sub-assistant surgeon, or at any rate, not a highly trained man; consequently in rural areas either no medical aid is obtainable or it is of a very unsatisfactory description; therefore there is room for the provision of a type of doctor who though not necessarily of full medical attainments, can at least treat the simpler cases attainments, can at least treat the simpler cases and would be an improvement on the quack pure and simple; finally that the education of such a man should not be too costly and should be conveyed in the vernacular.

LOCAL & GENERAL.

The Supreme Court Sessions,—The Hon. Acting Chief Justice (with Mrs. and Miss Shaw and P. S. Mr. Van Langenberg) arrived here by train last evening, to preside at the Sessions which commences; here today. Mr. C. W. Gunawardene, Deputy Registrar, Mr. S. Obeysekere, C. C. and the Interpreter Mudaliars, Mossrs. R. C. Proctor and C. Kure, have arrived here for the Sessions.

THE KATRAGAMA FESTIVAL.—This festival commences on the 30th instant and will continue till the 14th proximo. Already a large number of passes have been issued to pilgrims at the different Kachcheries.

THE VANNARPONNAI POST OFFICE.—We are glad to know that Mr. W. R. Morse, Post and Telegraph Master of the above Post Office, has been given special promotion to class I. Mr. Morse is an intelligent and hard-working officer. Since he assumed duties as Postmaster of the above office s sveral improvements have been effected. The office hours have been increased from S.A.M.—6 P. M. Registered end Insured letters which we re-formerly delivered from the Jaffna Post Office are now delivered from this office. We hope that ere long arrangements will be made for the delivery of letters from this office to suit the convenience of the public.

The Acting Colonial Treasurer.—Mr. A C Alluuth has been appointed to act for the Hon. Mr. Bernard Senior, 1 s o, c M G, as the Colonial Treasurer, Commissioner of Stamps and Chief Commissioner, Loan Board, in addition to his own duties as Commissioner of Excise, from the 14th instant when Mr. Senior leaves for England on a five months holiday. Mr. A G Clayton, who was originally expected to act, remains at the Secretariat.

Medical College Examinations.—The Medical College professional examinations for all year students commonae on the 17th instant in the College Hall, Colombo.

Marcimonial.—We have much pleasure in announcing the engagement of Miss Cecclia Teny Caste Chetty of Puthalam with Mr. Victor Tambinayagam Prostor S C, and Notary Jaffna. The parties belong to two well-known and respectable families of Ceylon. Miss Casie Chetty being the daughter of the late Mr. Aloysius Casie Chetty, Proctor, and Planter, Puthalam, niece of the late Mr. John

welknown Police Magis-acheberi and Point Podro and Casir

J Wolkhowl Condenses

trab 1 OR acheberi and Point Pedra and
grand-daughter of the late Mr. Sunon Casie
Ohetty c cs, District Judge, Chilaw Mr. Tambinayagam is the son of Mr. A G Tambinayagam of our town, and nephew of Mudaliyar
J N Sandrasegra, Maniagar, Valigamam West.

The marriage of Mr. S Nagalingham, Interpreter of the Ratnapura Courts, with Miss Ramaswamy, daughter of Mr. Ramaswamy of Point Padro, will take place on Wednesday the 12th instant.

WAR LESSON IN CEYLON SCHOOLS.—Mr. F. B Denham, Director of Education, assisted by Mr. Leigh Smith, M. A., has introduced a method of making school boys better acquainted with the war. A monthly leaflet, in Eeglish and Vernaculars, is to be issued, which has to be read aloud by beachers and discussed with the pupils as a lesson. The leafl is to contain aneedotes in addition to war news, and the Director can be relied upon to make the "war lesson" the most interesting subject of school work. Prizes are to be offered on the results of an examination based on the leaflets.

Suspected Plague at Talaimannar.—A suspected case of Plague is reported from Talaimannar. A Tamil man named K I Rawter, a passonger from Kandy en route to Iedia on the 3rd instant, was detained at Talaimannar on suspicion. The man was seriously ill when taken out of the train, and died a few hours later. It is believed that death was due to plague, and the spleen has been forwarded to the Bacteriologist for examination.

warded to the Bacteriologist for examination.

Bee Keeping in Ceylon.—Mr. A P Goonetillake, of Halgampitiya, Veyangeda, has written a book in Sinhalese on book eeping, priced at a rupee. Over 2 too dopies have been distributed free among the Sinhalese reading members of the Ceylon Agricultural Society. Mr. C Drieberg has written the preface in which he deals with the history of bee-keeping in Ceylon. He recommends the book to all who have opportunities of beakeeping and of pushing it as a home industry in the villages of Ceylon.

Charge Against A Sinhalese Editor.

Charge Against a Sinhalese Editor,—Mr. M Dharmaratne, Editor, Printer and Publisher of the Sinhalese weekly newspaper "Lakminipabana" and a reputed Pali scholar and teacher of Buddhist metaphysics, was charged at the Police Court, Colombo, on the 5th instant by Mr. HA Collette, A S P. O I D, for publishing a wild and indecent attack on the Buddhist Clergy in a copy of his paper under the heading of "Vinaya Prasnaya." The accured was convicted and fines Rs. 50. CHARGE AGAINST A SINHALESE EDITOR.

A Social Function.—The friends and relatives of Mr. S Pouniah gathered at the P W D, quarters, Hathekama, Badulla on the 28th ultimo for a dinner party in anticipation of his marriage which is to take place at Jaffna with the eldest daughter of Mr. S Ampalayanar of P W D, Badulla. The gathering was very large—a purse was handed over to Mr. Pouniah by Mr. O Sinnappoo of P W D. Demodera, and speeches were made in to Mr. Ponniah by Mr. O Sinnappoo of P W D, Demodera, and speeches were made in English by Messrs. C T S Manatunga and A J Mohamed both of the District Engineer's Office, Badulla, and by Mr. C Sinnappoo in Tamil expressing the amiable and storling qualities of Mr. Ponniah in dealing with his many friends and relatives. Mr. Ponniah was highly esteemed and regarded by his many friends and relatives who were present on that occasion from distant places. This shows clearly his genial ways and manner in which he endeared himself with one and all. Mr. Ponniah with great emotion feelingly replied and thanked the gathering for their presence and for the valuable purse they offered kindly. Refrashments and ingly replied and thanked the gathering for their presence and for the valuable purse they offered kindly. Refreshments and Thampoolam were served lavishly. The gathering came to a close with the singing of Thevaram and blessings to the new couple by Mr K Naganather of P W D, Bandarawella.

Anchylostomiasis Campaign.—A meeting the Committee of control was held at the of the Committee of control was held at the Council Chamber on the 3rd instant, presided over by the Hon. Mr. R. E. Stubbs, Colonial Secretary. Dr. H. H. Howard who has rendered valuable assistance in connection with this campaign against the hook-worm disease left for Australia on the 4th instant.

Disabled Ceylon Men's Fund.—A meeting of the Committee was held in Colombo on the 28th ultimo. It was stated that a Deputation consisting of members of Committee of the Disabled Ceylon Men's Fund waited on His Excellency the Governor on Cantal with when His Excellency was good mittee of the Disabold Ceylon Mon's Fund waited on His Excellency the Governor on the 14th alt. when His Excellency was good enough to promise on behalf of the Ceylon Government to invite the Legislative Cauncill to vote a contribution to the Fund of Rs.50,000 to vote a contribution to the Fund of Rs.50,000 per annum for the next 5 years (commencing September 1916) and Rs. 150,000 per annum for the following 5 years, in all a total contribution by Government of one million rupees in 10 years, the contribution however, being contingent upon a like amount being raised from other sources, and not to excite the amount otherwise raised. It was also an nounced at the meeting that His Majosty the King has been graciously pleased to extend an approximate to the Fund. A statement of accounts submitted by the Hony. Secretary showed that the subscriptions raised up to describe the submitted by the Hony. accounts submitted by the Hopy. Searchary showed that the sub-criptions raised up to date was Re. 202,219 25. Alebatement showing the number of cases assisted was also submitted. An appeal was made by the Committee for more funds.

Two New Rubber Companies.—The last Government Gazatte contains the memoranda and articles of association of two new rubber Companies. One is called the G. W. Rubber Estate Co. Ltd., with a capital of Rs. 175,000 divided into 17,500 ten-rupes shares. The other is named the Lycgrove Rubber Co. Ltd., with a capital of Rs. 300,000 divided into 30,000 ten-rupes shares.

divided into 30,000 ton rupee shares.

The First Unopercial Medical College in India.—H. E. the Governor of Bengal, on the 5th instant, presided at the opening eeromony of the Belgatchia Medical College, the first Medical College in India organized by private enterprise, and managed unofficially. This institution was sharted in 1884 with Ayurvedic and other departments. In 1887, the Allonathic portion was named the Calcutta Medical School, and in 1889 was registered as a public institution. In 1897, a small Hospital with 15 beds was sharted and the present accommodation in the Hospital is for 100 patients. In 1913, the Government of Bengal promised a capital grant of Rs. 5 lakhs and a recurrent grant of Rs. 50,000 annually. The School authorities agreed to raise Rs. 24 lakhs and in 1914 the school obtained a provisional affiliation for the preliminary scientific M. B. examination.

#### THE PUNGUDUTIVU ENGLISH SCHOOL

The second Committee (F. M. S. Branch) meeting was held on the 3rd instant at Malay Street, Rusla Lumpur. All the members were present. Dr. Duraisamy, L. M. S., occupied the chair.

1. Minutes of the previous meeting was confirmed.

- firmed.

  2. The Secretary read the minutes of the second committee meeting of the Home Committee.

  3. The Secretary read a letter from Mr. Swavanauuttoo regarding his land, and his offer was
- accepted.

  4. The following gentlemen were authorised to collect subscriptions: —Messrs. S. M. Ponnish, P. M. Kumarish, S. V. Sandrasegarer, K. S. Arulpiragasam, K. Ambalavanar, S. Murugesu, P. Thambippillai and M. Pasupathipilly.

  5. It was decided to collect the amount promised regularly by mouthly instalments as promised without postponing the whole amount to the end of the period promised.
- 6. It was decided to collect the monthly sub-scriptions promised by instalments of six months each in advance.
- 7. Printed receipts will be issued to all the moneys received.
- 8. Messrs. Pasupathipilly and Ambalavanar are authorised to lend out money for interest when proper security is given, from this fund.
- 9. It was decided that the Hon Secretary should try not to keep more than \$50.00 (dollars fifty) in his possession.

try) in his possession.

The meeting dispersed with a vote of thanks to
be chair proposed by Mr. S. V. Sandrasegarer and
beconded by Mr. S. M. Ponniah.

The following geutlemen were included in the monthly subscription list:—

Mr. W. Wijayaratnam ... \$ 2 00 p. m. ... , 2.00 p. m. ... , 2.00 p. m. W. Ponnuthurai

— Karthigesu

#### IN THE ENGLISH HOSPITALS.

As the Ceylonese are excluded from entering the Royal Army Medical Corps or the Indian Medical Service, some of our young doctors who have recently qualified in England are, none the less, helping the cause of the British Empire by accepting temporary service in the civil hospitals in England. In this way, they are enabling their British colleagues to enter the Royal Army Medical As the Ceylonese are excluded from ent

The value of this service is all the more noteworthy in face of their obligations to return home quickly and the auxiety of their parents and guardians in Ceylon-

Among these medical men may be mentioned: Dr. V. Gabriel, F. R. C. S. (Eng.), M. R. C. P. (London), who is at the Royal Eye Hospital, Southwark, E;

Dr S F Chellappah, L. M. S (Ceylon), L R C. P., M. R C S (England), D. T. M. and H. (Cambridge). Hackney Infirmary, London, N; Dr. F. N. Jayawardene, L. R. C. P. (Lon-don), M. R. C. S (Eng.), Shoreditch Infir-mary, London, E:

Dr. F. R. C. S. (Eog.), don.), M. R. C. S. (Eog.), mary, London, E;
Dr. N. R. Nalliah, L. R. C. P., M. R. C. S. House Surgeon, Western General Dispensary, London, W;
London, W;

House Surgeon, Western Loudon, W;
Dr. W. Ding, L. R. C. P., M. R. C. S.,
Eastbourne Practice;
Dr. G. Honsman, L. R. C. P., M. R. C. S.,
L. M. S. (Madras) Medical Officer, Wepping

Dr S Muttish, House Physician, Brompton Hospital for Consumption and Diseases of the Chest, Fullham, London S. W.

### THE VALUE OF OCCASIONAL CHANGE OF DIET.

Nature working in the human mind tends to go to sleep in her old accustomed paths. We walk, stand, sit his down drink, and do a thousand according to our old ways in an automatic mechanical way. In our accustomed habitual ways of conducts of every day life we live, move, and show our beings like machines.

A man in his routine life is like a machine working; the creative man is saleep, but when comes a new unprecedented, novel circumstance to be mot and overcome, subdouly the sleeping mu is roused from sleeping; and the mental energy again becomes creative and manifests a

new behaviour, a new response, a new reaction to adapt itself to the altered condition of things. This response lets loose a fresh creative stream of mental energy, which strengthens, nourishes, and develops the mentality. All human minds occupying important and responsible positions of life, by being frequently called upon to manifest fresh creative energies to meet novel emergencies and requirements, develop a higher type of mentality which mark them out and raise them above the masses who, like men half in sleep and half in dream, day after day play out the same dull routine round of life. The disuse of creative minds, save "Health and Happiness," tends to bring a gradual decay in the creative mind. Men who never think, or get occasions for thinking, lose capacity for thinking. Men who never act, or get occasion for acting for thimselves, gradually lose capacity for initiation and original action.

dually lose capacity for initiation and original action.

As change serves as an excellent tonic for the health and development of individual mind and national mind, similarly a change in the physical environment in many cases serves as an excellent bodily tonic. When the medical man finds that is medicines are not producing the best effects, he often advises a change of locality. Many persons flock to different health resorts for ours of their diseases or for recouping lost health. A specific health resort may be very beneficial for a specific disease or diseases. But in many cases a mere change of place serves as the best tonic. The therapeutic, currentive, and prophylactic use of climate is merely an arrangement to induce the environment to evoke the dormant life forces will sustain, promote and develop vitality. There are cases in which patients suffering from fever shock off their aliments only from change of rooms in the same house. Many chronic dyspepties find themselves benefited by mere change of places.

Occasional change of food brings about a distribution of the control of places.

of places.

Occasional change of food brings about a disturbance in the mechanical physiological activity of the lluman body, and in many cases lets loose freel springs of creative vitality which helps to maintain and advance the health of the bedy. Change your diet once a week or once a forteight, and you will feel the beneficial effect of the change.

and you will feel the beneficial effect of the change. Try the effect of a change of diet once every week. Of course, in the matter of diet there is such a thing as individual personal idiosynerasy. No one should take a diet which does not suit him. No one should take such diet as he cannot easily digest. Even if every individual confines himself within those courses of diet which suit him, he will ordinarily find aruple room for a change at least once a week. Either on the day of changed diet or on the next day he will relish and enjoy his diet better; and with this better relish and better enjoyment the stream of life will flow with a richer and sweeter outflow.

—Health and Harviness.

-Health and Happiness.

#### WAYS FAVOURABLE TO LONG LIFE

BY DR. FRANK CRANE.

WAYS FAVOURABLE TO LONG LIFE

BY DR. FRANE CRANE.

Dr. Virgil Davis interviewed 107 persons of great age, one of whom, Mrs. J. E. Killerease of Pine Hills. Texas, was 188, and had a daughter nearly 100. Most of all of the persons examined had spent much o' their time out of doors. Very few had habits ally indulged in alcohol, tobacco, tea, and coffac. There is no doubt as to the lack of value in stimulants; and the price we pay is—life.

They used very little medicine. Those who live long do something for what alls them; those who die early take something. Most of the aged people were of cheerful habit, worried little, and laughed a deal. Contentinent seems to be one of the surest guarantees of length of days.

Most of them including the wealthy, had worked all their lives, and had continued their activities even on advanced years. A favorite form of suicide among folts past 50 is to stop work. The average number of children was fron three to five; bachelors and old maids had shorter lives.

Scarcely any of them were fat. Fat does not mean health, or at least vitality. Few fleshy people grow very old. They were nearly all great sleepers. They went to bed early and rose early. Those whose activities are by artificial light have little insurance of old age.

Heredity was a considerable factor in many cases, but environment and habits counted more. The disadvantages of heredity can often be overcome; not so with habits. All were moderate saters. To eat what you like and all you like, to be guided by your appetite, may be a merry life, but it will be shorter on.

Very few ate much meat, most ate it sparingly; in many not at all. Meat belongs to the stimulant group, along with alcohol and coffect the food value there is in it can be obtained from other sources without the poison.

Almost all were drinkers of water, but not mineral water. All had a variety of interest, kept up to the times, and believed in recreation. Most of them were great readers, expecially in later life.

#### KUMBABHISHEKAM IN SOUTH INDIA.

RUMBABHISHEKAM IN SOUTH INDIA.

Tanjore, July 4. —On the morrow of the great event that is to bappen here on Monday next. Tiruvadamarudur presents, everywhere, scenes of busy preparations against it.

The renovation of the temple is a gigantic human effort representing in its ariumphant termination, the realised success of a bold enterprise, it is said to have cost Mr. Ramanadan Chetty of Devakottah, who had executed the task, 6 years of his time and 6 lacs of his money, computed up to the end of the building constructed thus far, not to speak of the additional cost of the Kumbabhishekam remaining yet to be met.

The Pandara Sannadi of the Tiruvavadathoral cost of the Kumbabhishekam remaining yet to be met.

The Pandara Sannadi of the Tiruvavadamarudur belongs and with them the South Indian Railway, has undertaken to make too claborate arrangements for the Kumbabhisham, to meet the requirements of the eccasion. It is certain that nacly the whole of the Natunkottal Chetty commanity, one of whose prominent members has rebuilt the temple at such corronactive commanity, as and part of the community as they generally regarded such acts, would come from all parts of the country, far and pear; but of the other classes the same confident prediction could not be made as all probabilities point the other classes the same confident prediction could not be made as all probabilities point the other classes the same confident prediction could not be made as all probabilities point the other classes the same confident prediction could not be made as all probabilities point the other classes the same confident prediction could not be made as all probabilities point the other classes the same confident prediction could not be made as all probabilities point the other classes the same confident prediction could not be made as all probabilities point the other classes the same confident prediction could not be made as all probabilities point the other classes the same confident prediction could not be made as all probabilities po

Chidambaram while an equal service is also established between Mayannam and Aruntangi: I order to accelerate the a ceid pigem service, a goods trains are suspended on the sections give above, goods traffic being diverted along another couts.

above, goods traffic being diverted along another route.

The Collector of the District camped here for some time and planned the scheme of efficial arrangements. Truvadamarudar being a large Union and financially mable to hear the cost of special arrangements, a large contribution against it was taken from the Pandara Saunadhi. In addition to this payment of money to Government for sanitary management, he has undertaken to house and feed the special Police force of 500 mea that are employed for this festival. At open spots they have erected sheds and necessary adjuncts, for the lodging and the feeding of the pilgrims, spacious enough each to hold a thousand of the merchant are employed for this festival. At open spots they have erected sheds and necessary adjuncts, for the lodging and the feeding of the pilgrims, spacious enough each to hold a thousand of the m. Private persons charitably disposed have largely supplemented official arrangements. The Soll Collector of Kumbahoman, the Deputy Sanitary Commissioner of Madras and Mr. C. R. Lakabmiraghava Iyengar, non-official Presider to the Taluk Board, have inspected the arrangements which are in different stages of progress towards completion. In addition to the Sanitary staff in the District, both special and permanent, a body of 15 Sanitary Inspectors have come from Madras to assist them. Likewise, the Medical establishment have been augmented for the occasion, special dispensaries being opened in the place at different centres besides a number of ont-pots at the approaches to it for shutting out sickness.

The Police arrangements are likewise elaborate.

The Police arrangements are likewise elaborate, 500 men have been drafted from Tanjore and adjoining districts.

joining districts.

A circular has been issued by the District Magistrate that the Police were to so behave themselves as to be a real help to the people. Amongst the Police arrangements are a lort children's office where children, separated in the crowd from their parents, would be restored to them.

their parents, would be restored to them.

One serious defect which cannot now be removed in the low stature of the tower of the temple on which the golden crown is to be set. The seeing of the fixing of the Gonji, the morit of the pilgrimage, will not therefore be possible to many.

#### CORRESPONDENCE.

BUTCHERY OF INNOCENTS!

APPEAL TO KIND HEARTED RULERS.

As the butchery of the poor animals is allowed in the world for the sake of Prodent Policy. I respectfully beg to draw the attention of kind hearted rulers of the world to the following facts.

1. PRUDENT POLICY ALLOWED THE BURNING ALIVE OF WIDOWS.

It was a fashion in India to burn slive hundreds of Hindu widows in the name of Sati.

Viceroy after Viceroy considered it Prudent with impunity.

Lord William Bentinck kicked aside that Pru-dent Policy, and corned the very great blessing of prohibiting the Sati.

2. PRUDENT POLICY ALLOWED SLAVE TRADE HORRORS.

Students of history know for what far reaching human misery the Slave Trade was responsible.

Government after Government in the world considered it Prudent Policy to allow the Slave Traders to carry on their flewdish business.

The Government of England under William IV kicked aside that Prudent Policy, and carred the very great blessing of abolishing Slavery.

3. PRUDENT POLICY ALLOWED CRUELTY TO ANIMALS.

Millions of poor animals are brutally treated

Government after Government in the world considered it Prudent Policy to allow men to ill-treat poor animels with impunity.

The Government of England under George IV kicked aside that Prudent Policy, and passed the very first Act in the world for the protection of animals.

4. PRUDENT POLICY ALLOWED RELIGIOUS FIENDISHNESS.

Thousands of poor animals were fiendishly tor-tured by candidates for Heaven in the name of religion in India.

Secretary after Secretary of State for India considered it Prodont Policy to allow such candi-dates for Heaven to become as brutal as they liked in the name of Religion.

When Lord Morley, become the Secretary of State for India, he kicked aside that Frudent Po-lley, and carned the very great blessing of Prohi-biting Religious Brutalities.

5. A Preyer.

All the ruler of the world will one day have to stand before their own Divine Rules to give an account of their deeds on this earth.

I pray that as a preparation for that day of Divine Judgment, all the rulers on this earth may kindly earn the very great blessing of probibiting butchery of poor, harmless animals in their kingdoms and states, as did the great Emperor Asoka, and thereby earn the Highest Heaven.

What charity can equal the charity of protecting the lives of dumb, defenceless, harmless creatures from the agonising knife of the butcher? May all men imagine themselves in the place of the poor animal when it's threat is cut, in order to realise the truth of the above statement.

Junagad, (India), LABHSHANKAR LAXMIDAS 24th June, 1916,

I beg to appeal to all the kind heart of release on this earth to graciously grant Mr., Labhabacker Laxmidas's above prayer on belong of poor dun b creatures. Ham-nitarian literature may be had from the undereigned,

LALLUBHAI GULABCHAND JAVERI,
Honorary Manager,

The Bombay Rumanitarian Fund, 809, Shreff B.za., Bombay, 2, 28th June 1916.

#### The War.

THE BIG PUSH.

London, July 4.

Reuter's Headquarters correspondent states that a whole battalion of Prussian Infantry surrendered to the British near Fricourt.

ENEMY REINFORCED.

General Sir Douglas Haig reports that the enemy has been heavily reinforced from other parts of the line, and continue everywhere to resist stubbornly. There was heavy fighting at sight in the vicinity of La Boiselle. The enemy tecaptured a small pertion of the defence South of the village.

PRISONERS Now 5,000.

General Haig tonight reports that torrential rains interfered somewhat with the oftensive. The situation South of Ancre is unchanged. The prisoners exceed 5,000. Today's operations were chiefly minor local enterprises with a view to retaining our gains.

MUCH AIR FIGHTING.

General Haig in a communique records fighting throughout the day. We made slight progress and completely hold La Boiselle. The German attack on Thicpyal was repulsed. There was much fighting in the air behind the enemy lines. Seven derman machines were driven down. We had no casualisies.

THE FRENCH SHARE.

London, July 4.

London, July 4.

Paris.—A communique says: Six enemy attacks North-West of Thisumont were repulsed by our cortain of fire and rifle fire with heavy loss. The night was calm North and South of Somme. The enemy did not attempt a counter-attack on the captured positions which we'organized. Three more batteries, two of which are heavy, were captured.

FRESH SUCCESS IN G. E. AFRICA.

General Smuts reports that Vandeverter assumed the offensive of June 24th and drove the enemy from all prepared positions about Kondairangi. He is now pursuing them towards the Central Railway. We have secured the Karagwe district.

ANOTHER RUSSIAN SUCCESS.

London, July 4.

Petrograd.—An official message states that the
Russians broke two lines of the German defences
at Baranovitchi and captured 72 officers and 2,700
men with 11 guns and a number of machine guns. GERMANS RETAKE THIAUMONT WORK.

Paris (efficial).—The French continued to progress fouth of the Somme, capturing woods, villages and prisoners. The Germans East of the Meuse have recaptured Thisumont work.

ROUMANIA ON THE MOVE.

Bukharest.The Government are seizing a quantity of Austro-Hungarian rolling stock and ammunition and have sent it to Roumania from Bukavina to escape Russian capture. Government have prohibited the exportation of numerous products to Turkey and issued a total prohibition of exports to Bulgaria.

SOFIA BOMBED.

London, July 4,
Salouika.—French airmen have bombed the
Military establishments at Sofia..

LORD DERBY UNDER SECRETARY FOR WAR.

London, July 4.

Lord Dorby has been appointed Under-Secretary for War.

IRISH COMMISSION'S REPORT.

The report of the Irish Commission of Enquiry attributes the Rebellion to the Irish Government's failure to empress lawlessness. It does not attach responsibility to Lord Windorne. It says that Mr. Birrell is primarily responsible. Sir Matthew Natlian carried out the Government's policy most loyally, but did not sufficiently impress upon Mr. Birrell the necessity of more active measures. It praises the conduct of the Police and does not attach any responsibility to the Military authorities of Ireland.

THE BIG PUSH.

London, July 5.

Reuter's correspondent at the Press Camp in France states that German counter-attack on our new position at Thispwal were accompanied by a heavy bombardment by both sides. It was easily repulsed. Prisoners say that German units were rushed from Verdun and Lens to the battle-field.

FURTHER PROGRESS.

General Sir Douglas Haig reports that heavy fighting centinued at night time in the neighbourhood of the Ancre and the Somme. We further progressed at certain important points. The German Artillery frie is intense in certain sectors. Two determined attacks on our new trenches at Thiepval were broken. 6,000 PRISONERS.

General Haig in a communique says: Fighting continues to be mostly local struggles for strong points, the 'sautis being that we advanced slightly in certain sectors and lost no ground. The German casualties to 'ay were most heavy. The total prisoners are now over 6,000. There was ordinary trench warfare on the pess of the front.

HAND TO HAND FIGHTING.

General Sir D. Haig reports that hand to hand fighting continues between the Anore and the Bomms. Five hundred more prisoners have been taken.

FRENCH TAKE 9,000 PRISONERS.

Paris.—A communique seys: We now have over 9,000 unwounded prisoners. The number of guns is not yet known, but one Army Corpse South of the Somme has taken sixty.

The French Line.

London, July 5.

London, July 5.

Paris.—A communique says: We captured German trenches East of Curlu, and have taken Sormon Fram on the left bank of the Somme opposite Clery. We hold the whole region southward of the Farm to Hill 63. On the road to Flancourf from Barleux the enemy occupied part of Belloy. A lively struggle is recorded at Estrees, part of which the Germans are still holding. All counterstateks on our positions were shattered by our fire. Enemy attacks at Avrocourt to Hill 804 were repulsed with heavy loss.

STARVATION OF BRITTER PROCESSES

STARVATION OF BRITISH PRISONERS.

London, July 5

In the Commons Sir Edward Grey said that Germany had not replied to the British Note re-garding the prisoners at Ruhleben. He was un-able to say more until Government had considered the position of German prisoners in Great Britain.

WAR MATTERS IN THE HOUSE.

London, July 6.

In the Commons Mr. Tennant said it was undesirable to make a statement on Mesopolamia at present.

present.

Mr. Hunt asked why a German firm, of which one of the partners was now in Germany, after being ordered to wind up was allowed to be acquired by a firm of another name with an agency in London and remain under the same manage-

Mr. Chamberlain said the Baj was at present considering the matter. Until a decision was reached he could not make a statement.

SUEZ CANAL DUES TO BE RAISED.

London, July 5.

The Sucz Canal dues are to be raised fifty on times from October 5th.

THE DUTCH EAST INDIES.

London, July 5.

The Hague.—The Bill for the Defence of the Dutch East Indies provides for the building of a fast cruiser and three submarines.

FRENCH LOAN.

London, July 5.

London, July 5.

It is stated in New York that a French loan of a hundred million dollars, has been negotiated in the United States. Also a finance corporation has been organised by Entente banking interests in New York.

THREE YEARS FOR A TRAITOR.

London, July 5.

Trebitsch Liucoln has been sentenced to three ears' penal servitude fer forgery and obtaining oney under false pretences.

ANOTHER U. S. A. WAR OFF.

Washington.—Carranza has accepted the principle of mediation and the danger of War is averted.

THE NAVAL BATTLE.

THE NAVAL BATTLE.

London, July 7.

Sir John Jelicoc's despatch places the German losses at two battleships of the Dreadnought type, one of the Deustchland type, five light-cruisers, six destroyers and a submarine, all of which were seen to sink. Two battle-cruisers, one battleship of the Dreadnought type and three destroyers were seen so severely damaged that a return to port was extremely doubtful. One of these latter, the "Luetzow," was admittedly sunk.

THE BIG PUSH.

London, July 6.

Paris.—A communique says the French resumed the offensive North of the Bomme and captured the second German position East of Curlu on a front of two kilometers. They repulsed attacks. South of the Somme they finally drove the Germans from Estrees and now hold the whole of the second German position South of the Somme on a front of ten kilometres. 500 more prisoners have been taken. There were only intermittent bombardments at Verdun.

PRAISE FOR THE WELSH.

London, July 6.

General Haig reports that we made a further slight advance near Thiepval, South of the La Bassee Canal. After a discharge of smoke and gas we made successful raids on the enemy line, in which the Royal Welsh Fusiliers specially distinguished themselves, taking prisoner forty men. The Highland Light Infantry successfully raided enemy trenches West of Hulluch. Many Germans were killed and some taken prisoner.

WHAT THE BRITISH DID?

WHAT THE BRITISH DID?

London, July 5.

The slower British advance is explained in a French semi-official announcement on the ground that the Germans expected a British and French attack, but thinking the latter was exhausted by Verdun they accordingly massed their best troops against the British. Hence the French papers are most culogistic regarding Britain's effort, especially over the brilliant capture of La Boiselle which was the enemy's strongest organisation. There is a consensus of praise over the bravery of the new Armies. A distinguished neutral observer says, regarding the first triumphant assault on Manutz, which the onemy believed impregnable, he does not believe there ever was a more gallant feat in the War. Nothing the Japanese did against the Russians was so perfectly heroic. Similarly at Gommecourt, though they failed to capture the salient, the British did not die in vain, for they held the German masses, enabling the success attained at other points.

RUSSIAN SUCCESS

RUSSIAN SUCCESS.

London, July 6.

RUSSIANS CAPTURE 1,000 GERMANS.

London, July 6.

Petrograd.—A communique records successes in many of the sectors from Riga to the Carpathians. 8,000 of the enemy were then taken prisoner in the region of Boarranovitchi. The enemy on the right bank of the Dniester were routed and hundreds taken prisoner. The small town of Mikolitchine on the railway to Korosmizo from Delatyn has been captured.

STARVING BRITISH PRISONERS.

In the Lords, Lord Newton said the German reply to the British request that the Ruhlebon prisoners should be either fed or released had been received. Germany did not categorically refuse the request; their reply was being studied.

THE IRISH QUESTION.

London, July 6

London, July 6.

It is stated that the Cabinet has agreed to Mr.
Layd George's Irish proposals with additional
safeguards providing for Imperial control of harbours and strategic points, and the protection of
the Unionists in the south and west. A Bill is
being prepared to give effect to the settlement and
will be introduced in the Commons shortly.

THE DOUBLE TEA DUTY.

THE DOUBLE TEA DUTY.

London, July 6.

In the Commons Mr. Chamberlain said negotiations were proceeding with Travancore State for remedying the grievance of the double export duty on tas. He had communicated with other departments of the Imperial Government which used Indigo. He hoped after the War they would favourably consider the claims of Indian industry, but emphasized the necessity of planters co-operating to insure more scientific cultivation and better preparation and marketing arrangements in order to secure durable results.

The report on the enquiry into the Medical ar-

The report on the enquiry into the Medical arrangements in Mesopotamia was not yet received. DOMINION AID.

London, July 6.

Mr. Bonar Law, speaking at a Banquet in Loadon in honour of representatives of the Dominions now visiting London, said that the General Blaff were quite satisfied with the result of the struggle so far. The deeds of the men from the Dominions had become a household world. Our resources would last longer than the enemy's and the staying power of our race would see us to the end.

London, July 6.

Paris.—A communique reports we have taken 76 guns and hundreds of machine-guns. There have been local engagements north of the Somme. There was no Infantry action on the Meuse.

(Official).—Mr. Lloyd George has been made War Secretary. Sir E. Grey is given an Earldom.

London, July 6.

Retrograd (Official).—The Russians have over 10,000 more prisoners, including 5,000 on the Dniester.

London, July 7.

Petrograd.—A communique reports successful Artillery engagements on the Dvina above Friedrickstadt. Fighting at Baranovitchi is continuing in our advantage. All enemy attacks to retake the ground failed. Wa captured 78 officers and 3,000 men between July 3rd and July 5th.

-The Ceylon Observer.

NOTICE.

A CARD.

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27. Asokaghrita.—Is the best cure for irregular menses, painful menstruation, pain in the groins during menses, untimely menses, seanty or excessive menstruation, sterility, habitual abortion and all other diseases due to irregular menses. It is a superior monthly regulater that can never fail. Ladies who wish to have bandsome and healthy children should use the Price Re. 1 per bottle. V. P. P. charges for 1 or 2 bottles As 5 only extra. extra.

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Patrograd.—The Russians have routed the endmy on the right bank of the Dniester, South of Buczucz, and cut the railway from Delatyn to Korosmeza which is in Hungary.

Paintsp and Published by Kandian Piblat see the Proprietors at the Salvaprahasa Press, Jagua.