

# The Hindu Organ.

"Arise! Awake! and stop not till the goal is reached."

THE ONLY NEWSPAPER IN CEYLON FOR THE HINDUS

HAS THE WIDEST CIRCULATION

ESTABLISHED SEPTEMBER 11, 1889.

(REGISTERED AS A NEWSPAPER.)

PUBLISHED EVERY MONDAY AND THURSDAY.

VOL. XL—NO. 67

JAFFNA, MONDAY, FEBRUARY 25, 1929

PRICE 5 CTS.

## P. Subbaroy's

World-renowned and most Efficacious Ayurvedic Medicines.

Awarded several medals and certificates of merit at various exhibitions.

### TANJOBE MASALA OR THE PRINCE OF FLAVOURING POWDERS.

DELICIOUS—CHARMING FLAVOUR.

A Powder purely of Vegetable ingredients prepared as per recipe followed to the culinary preparations of the famous Tanjore Mahaja's household. A pinch added to any preparations of diet, vegetarian or non-vegetarian, makes it easily digestible, highly palatable, most delicious, exquisite and agreeable to the palate. The flavour imparted to the preparations is so very charming and diffusing that it spreads not only throughout the entire premises, but also outside it to a distance. Can be used without the least scruples by the most orthodox Brahmanas and others. Much appreciated both by Europeans and Indians of all castes.

Price per tin of powder to last for more than 1 month Rs. 8. V. P. P. Charges for 1 or 2 boxes As. 8 only extra. Can be had everywhere or from the Manufacturers direct.

81. VASANTA KUSUMAKRAM.—The surest cure for diabetes mellitus, nervous debility, excessive throat, parched tongue, burning sensation in hand and feet, fatigue, swoon, gonorrhoea, difficult urination, spermatorrhoea, etc. Price of medicine for 7 doses Rs. 6. V. P. P. charges As. 8 only extra.

82. BASTHA SUDHI OR BLOOD PURIFIER.—Everybody knows that blood is the chief cause of human life. If the blood is impure various sorts of maladies arise viz., ulceration of the mouth, sore eyes, maggots in the nose, ulcerated gums, pimples and boils over the body, abscess, change of colour of the skin, syphilitic eruptions, chronic headache, impaired digestion, redness and stiffness

of the skin, loss of sensation in joints, black spots over the skin, swelling of the ears and nose, paleness and weakness of the body, dropsy, scales over the skin of the body, leprosy, ringworm and other skin diseases, offensive smell throughout the body, dullness of spirits, tastelessness, itching sensation of the skin etc. Our Bastha Sudhi is a potent remedy to remove the poison from the system. It purifies the blood, cures syphilitic eruptions, imparts tone and vigour to the weak system, revives lost appetite and permanently removes all affections narrated above due to impure blood; improves complexion and invigorates the nervous system. Price Rs. 2 per box covering medicine for 30 days. V. P. P. charges for 1 or 2 boxes As. 8 only extra.

CURE FOR WHITE LEPROSY OR LEUCODERMA Cure certain within a week by external application only. Very mild and gentle in action, suited to all constitutions. Rs. 2 per bottle. V. P. P. charges for 1 to 2 bottles Rs. 8 only extra. Catalogue of all Ayurvedic Medicines post free on application. P. SUBBAROY, Ayurvedic Pharmacy, Tanjore.

Please mention this paper when ordering.

As the Head-quarters of my Ayurvedic Pharmacy have been permanently transferred from Porto Novo to Tanjore, kindly address all your communications and orders to my new permanent and Head-quarters address at Tanjore printed below and not to Porto Novo, as heretofore.

My permanent address—

P. SUBBAROY,

Ayurvedic Pharmacy,  
8 Venkateswaram Goll Sanuthy  
TANJORE.

## The Jaffna Mutual Benefit Fund Ltd.

Established 1918.

BANKERS.

AUTHORISED CAPITAL RS. 800,000.

AMOUNT OF CALLS MADE RS. 1,22,840.

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

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

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

DRAFTS issued on the National and Imperial Banks to Colombo and the Principal cities of India. Remittances to and from F. M. S. by special arrangements

INDIAN MONEY bought and sold.

LOANS on the security of Jewels a specialty. Interest charged at 10% per annum when paid monthly; otherwise 12% (Part Payments Accepted)

LOANS are also granted against approved securities, such as Landed Properties, Food Grains, Piece Goods and other imperishable articles. (Part Payments Accepted.)

For further particulars apply to:—

M. Thamotharampillai,  
Manager.

Y. 64.

Best and Unexcelled  
Standard Pound Mark Tiles.

Fresh consignment to hand! A word to prospective house-builders and customers.

As usual Our Tiles are pre-eminent noted for lightness, durability and elegance.

Apply sharp to:—

S. VEERAGATHIPILLAI AND SONS.

Grand Bazaar,

Q. 115.

Jaffna.

Teak!

Burma Teak!!

Finest Quality!!!

Fresh consignment of best teak just now arrived at Jaffna.

Intending purchasers are requested to obtain the same from our Depot, Grand Bazaar, at Jaffna and Tondamannar.

S VEERAGATHIPILLAI.

Q. 114.

## Empire of India Life Assurance Co. Ltd.

Established 1897

A Monthly payment of Rs 12/50 cts. will secure a With Profit Assurance payable at Death or at end of

Age next Birthday.	ASSURANCES PAYABLE AT DEATH.				ENDOWMENT ASSURANCES		
	PREMIUMS LIMITED TO				payable at Death or at end of		
	Whole Life.	15 Years.	20 Years.	25 Years.	20 Years.	25 Years.	30 Years.
25	Rs. 5,820	Rs. 3,550	Rs. 4,250	Rs. 4,800	Rs. 3,010	Rs. 3,800	Rs. 4,520
30	6,140	3,200	3,900	4,390	2,930	3,620	4,220
35	4,480	3,030	3,600	3,970	2,810	3,400	3,870

Prospectus and Proposal form on Application.

F. DADABHOY,

Chief Agent for Ceylon,  
No. 2, Canal Row, Fort,  
COLOMBO.

Head Office:  
Empire of India Life Building,  
BOMBAY.  
H. 65.

## RELIEF sure and quick

Whatever may be the ache or pain  
Headache  
Neuralgia  
Rheumatism  
Sciatica  
Lumbago  
Sprains  
Strains  
Sore Throat  
Chest Cold

## LITTLE'S ORIENTAL BALM



will give you immediate relief.

Proved best by actual use for 43 years.

The price is small compared with the relief.

Free from animal fat

Obtainable at all Chemists and Stores.

Y. 60. b

## PRINTING THAT IS RIGHT.

In Jaffna we have obtained recognition as good printers by honest and faithful service.

## THE SAIVA PRAKASA PRESS

Neat  
Expedient  
Prompt  
Punctual.

Is one of the few well equipped printers in the North. We undertake all kinds of printing and turn out the Best Work at Moderate Charges.

For High class Printing send your orders to us. You will see we can do them best.

Estimates Free on Request.

Let us Have Your Enquiries

SAIVAPRAKASA PRESS, Vannarponnai, Jaffna.



IF THERE IS AN EFFICIENT ORGANISA-

Apartment from the successful work accomplished during the year for which the Hon. Mr. S. Rajaratnam, General Manager of Schools, and his other colleagues on the Committee deserve to be complimented, there is a paragraph in the report which sets forth the urgent needs of the Board. It is really an appeal to the Hindu public to promote the cause of Hindu education by contributing liberally to its funds. Nearly two lakhs are wanted to place the Board beyond the reach of any contingency. The Hindus are neither poor nor a backward community. They are well enough to give for charitable purposes. They also realise that there is no greater charity than *Vidyathanam*. But the difficulty lies in approaching them and getting the money for the great expenses which the Hindu Board has to bear. The great task which lies before the new committee is to plan out and well organised campaign of collecting money throughout Ceylon and the F.M.S.

**WORLD TEMPERANCE LEADER TO VISIT JAFFA.**—Mr "Pansyfoot" Johnson the greatest Temperance leader in the world is expected in Jaffa to-morrow (Tuesday) morning by the Colombo Night Mail. His stay in Jaffa will be only for some hours as he is to leave for India the same evening. During the day Mr Johnson will have a very heavy program. Immediately after his arrival Mr Johnson will proceed to Point Pedro where he will address the people. From there he will proceed to Vadakkoddai and deliver a lecture there. In the afternoon he will return to Jaffa and deliver a lecture at the Jaffa Central College. At 8 p. m. he will take train to India via Talsamandar.

Valahebbai Kallappalli Hindu Vernacular Mixed School is the first school in Eastern Province that has come under the management of the Board. This school was opened in September 1927 by Mr Kannappa Kandiah at the same place and it was managed by him until it was transferred to the Board in the month of December. The school building is a substantial one. It has been provisionally registered and it is hoped that the confirmation will be made in April 1929. Eastern Province is predominantly

The Training School was opened on the same day, though this undertaking may prove rather expensive nevertheless the Committee considered its establishment indispensable if the Hindu Schools in the Islands are to be maintained in a state of efficiency and the progress of the Hindu educational movement is not to be handicapped for lack of Trained Teachers. Mr K Krishnaswami, a first class trained English teacher has been appointed Principal of the Institution. He is one who has had considerable experience as the Principal of one of the largest Elementary Schools in the District. As his Assistants the following teachers have been appointed, (1) Mr Subramaniam, a First Class Tamil Trained Teacher, (2) Mr. R. Jayinar, a Pundit of the Madura Thammangam and a First Class Tamil Trained Teacher, (3) Mr. Thambipillai, a Second Class Trained Teacher and a Bala Pundit of the Jaffna Oriental Studies Society, (4) Mr. Ramasamy, a First Class Vernacular Trained Teacher and a Bala Pundit of the Jaffna Oriental Studies Society and (5) Parameshwara Aiyer, the Music Master. There are at present 22 students in the 1st year class and 81 students in the Entrance attached to the Training School. The Committee should be thankful to Mr. S. Sivaiah, pathasandaram, the President of the Board for having consented to be an Honorary Lecturer on Saiva religion and to Mr. Aiyadurai, the Treasurer of the Board for having an Honorary Lecturer on Selenology but not least our thanks are due to Mr. T. Rajendram, Barrister at Law, Kuala Lumpur.



for placing his palatial building at our disposal to carry on the Saiva Training Institution.

#### UNIONS IN MALAYA.

Our report cannot be complete if we do not record the appreciation of the valuable services rendered to the Committee by the Changanai and Pongudutivu Unions in Malaya, to promote Saiva Education in Jaffna. The Sivaprakasam Vidyasalai about the opening of which mention was made in our last year's report owes not a little to the patriotic assistance of the Changanai Union. This Union has supplied the furniture and equipment and has been defraying the salaries of the assistants in the above school. It should be said to their credit that they are prepared to help the Board in developing the school so as to make it fit to be registered as an Anglo-Vernacular school.

The Pongudutivu Union is another organization in Malaya which has been co-operating with the Board to promote Saiva education in Jaffna. They have rendered substantial help to the Subramania Vidyasalai at Pongudutivu West and are now helping the Board in managing the Saranganatha Vidyasalai at Pongudutivu East and Eruplady Sathivayaga Vidyasalai. We hope the noble example of these two Unions will be followed by other similar organizations in Malaya.

#### DONORS AND LOCAL COMMITTEES.

The Committee take this opportunity to thank the donors and subscribers, local managers and local Committees who have contributed their mite to the funds of the Board. By so doing they have relieved it of a good portion of its burden in the management of the Schools.

#### RELIGIOUS INSTRUCTION IN SCHOOLS.

The Committee has made good provision for the study of Saiva religion in its schools. A graduated syllabus of religious instruction prepared by the President is now being used in all the schools.

During this year, the Board has sustained a great loss by the death of Mr. A. Sishamparanathapillai, Notary Public and Chairman, Village Committee, Vaddukottai. Mr. Sishamparanathapillai has been associated in the Board from its very inception as a Director and has during the last two decades rendered valuable service to the progress of Saiva Education at Vaddukottai and in other parts of Vaikamam West.

In reviewing the work of the Board during this year we cannot but feel grateful to the all Gracious Sivam for the wonderful manner in which He has guided our deliberations and for the magnificent success with which our labours have been blessed in every sphere of our work.

#### OUR WANTS.

The Board has to incur the following expenses at an early date viz: the cost of the Orphanage building, Rs. 20,000; Saiva Training Institute building Rs. 25,000; Equipment for the above two schools Rs. 5,000; Cheriya Street additional school hall Rs. 9,000; Kokkuvil West additional school buildings Rs. 3,000; Chuliparam school completion of the new building Rs. 2,000; Karativu East and West schools (completion) Rs. 2,000; Telipalai North West School completion Rs. 1,500; Vaddukottai West new school Rs. 2,500; Palay re-building of school Rs. 3,000; and Udappidi, re-building of school Rs. 3,000.

The floor of about 15 schools has to be cemented. Latrines have to be built nearly in all the schools. Permanent fund of Rs. 5,000 has to be considerably augmented. Extra cost of running the registered schools and maintaining new schools have to be incurred. The Committee has the task of collecting a lakh of rupees before it. It can be done by the hearty co-operation of every man, woman, boy and girl. It can be done by money and by giving in kind as paddy, rice, coconuts etc.

These facts we bring to the notice of the Saiva public so that they may contribute liberally to the funds of the Board. The needs of the Saiva Training School and the Orphanage require special mention in this connection. These institutions which we regard as some of the valuable assets of the Saiva Community are destined to play an important part in the revival of Saiva religion in this country. We invite the members of the Board and the Saiva public to lift up their eyes and see ahead. We request them to visualise the magnificent halls of Saiva and Tamil learning which will come into being accommodating three to four hundred students living on the premises trained in the noblest Saiva ideals and practices amidst the elevating influence of Saiva atmosphere and going out into the wide world with consuming passion to extend the Saiva influence and to carry the Saiva message to the end of the world, as did our ancestors in the past. If Saivites have any money for investment can be find a better and more useful investment than providing these institutions with dormitories, study halls, dining halls and class rooms? If Saivites have money to spend can be find a better expenditure than on institutions which have been founded for the glorification of God who dances His eternal dance in the Siva Thillai to purify and redeem not merely humanity alone, but the entire creation.

செய்தொரு நல்லுழைப்பைச் செய்து கொடுக்கப்படுகிறது. இதுவே நமது கடமையாகும். இதை நாம் மனப்போக்கோடு செய்து கொடுக்க வேண்டும். இதுவே நமது கடமையாகும்.

#### HINDU BOARD OF EDUCATION.

#### FIFTH ANNUAL GENERAL MEETING.

The Fifth Annual General Meeting of the Hindu Board of Education was held on Saturday the 10th instant at 4 p.m. in the Jaffna Hindu College Hall. Mr. S. Shivapadaasundaram, President of the Board, occupied the chair. Unlike the previous meetings the last one was purely a business meeting. The proceedings began with the singing of the Vayam by some students of the Saiva Orphanage and Training School to the accompaniment of Veena played by their Music Instructor, Sree Parameshwara Iyer.

#### VOICES OF CONDOLENCE.

The President moved a vote of condolence on the death of Mr. A. Sishamparanathapillai, Notary Public and a Member of the Board. In doing so, he said that it was their duty to pass a vote of condolence on the death of one who had been intimately connected with all their activities. He had been Manager of the Hindu English School at Vaddukottai and Chairman of the Village Committee. His death was a great loss to the Board, to the Hindu Community and chiefly to Vaikamam West where he had been a leading light. Now that that light had been taken away from their midst, it was their solemn and sad duty to pass a vote of condolence on his death and express their heartfelt sympathy with the bereaved members of his family.

The motion was passed, the whole house standing.

#### TWO LONG FEET WANTS SUPPLIED.

The Secretary of the Board, Mr. M. S. R. Saratham, Advocate, then presented his report for the past year. It showed what amount of marked progress the Board had made during the past year as compared with the previous years. Two outstanding events during the year under review, are the founding of a Saiva Training School for boys and an orphanage, two long-overdue and much felt wants of the Saiva public. The report is a lengthy one. Another striking and encouraging note in the report is the mention about the collection made as subscriptions and donations which amount to a good figure of Rs. 12,000 and odd.

Mr. K. Kasipillai, Proctor, moved the adoption of the Secretary's Report.

#### RELIGIOUS INSTRUCTION IN SCHOOLS.

Mr. W. Vijayaratham wanted to know ways a meeting of the Directors had not been held as was provided for by the rules of their Board. Though it was a clear fact that very good work had been done during the year they should make it a point to act in accordance with their rules. Another thing which he wished to know of, was about the work of a committee appointed at the last annual general meeting, for preparing a scheme of work in religious instruction in their schools.

#### SYLLABUS PREPARED AND DISTRIBUTED.

The Secretary answered that a syllabus for Religion had been prepared and sent to their schools, but that fact had been unfortunately, not included in the Report. As regards the half-yearly meeting of Directors, the Secretary said that he had been contemplating to call a meeting, but he personally had been unable to hold one on account of some unavoidable circumstances that faced him.

Mr. Vijayaratham was satisfied with the explanation and seconded the motion for the adoption of the Report.

The Report was then put to the house and unanimously adopted.

#### TREASURER'S REPORT.

The Treasurer, Mr. K. Alayadurai, Proctor S. O., then presented his report along with the auditors' Report.

As to some points raised by Mr. Vijayaratham bearing on the auditors' Report, the President explained that up to that time they had no qualified Accountant and that now they had advertised in the papers for a qualified Accountant and they hoped to appoint one in the near future, who would be able to keep the books of the office according to the auditors' suggestions.

Hon. Mr. S. Rajaratnam in moving the adoption of the Treasurer's report said that the report gave a detailed account of the income and expenditure of the different schools and that he too had been contemplating a change in the system of their accounts, on the lines suggested by the auditor. In conclusion the speaker appealed to the house to help the Board in realising the amount of money, which the Secretary had appealed for in his report to meet the many urgent needs that faced them. He would therefore appeal to them, each one of them to help, the Board in whatever form possible, to carry on that arduous and noble work. He had pleasure in moving the adoption of the Report.

Mr. S. Sabapathipillai seconded the adoption of the report and it was carried unanimously.

Mr. M. Sabaratnam moved that the next committee of the Board should give an early consideration to the auditors' Report and give effect to those recommendations as early as possible.

Mr. V. Veerasingham seconded and it was carried unanimously.

The election of directors for 1929 was as follows.

#### DIRECTORS UNDER SECTION C.

Mr. S. M. Sivasubramanian, Hon. Mr. A. Mahadurai, B. A., M. L. C., Messrs. A. Sellamuttu, W. Vijayaratham, V. Pasupathipillai, S. Sabapathipillai, C. Muttukumar, V. Ramalingam, K. Alayadurai, O. K. Swaminathan, S. Natesan and V. Nagalingam, Proctor.

Other directors elected to fill up vacancies in Sections A and B were Messrs. V. R. Venkataraman, Principal, Hindu College, V. T. Swaminathan, Proctor, K. Krishnaswami, Proctor, Trincomalee, N. Mahalingam, P. P., Batticaloa, and Mr. Peril Sankaran, Bar at Law, Colombo.

Messrs. K. Navaratnam and N. Muttiah were appointed Auditors for 1929.

Continued up.

#### THE NORTHERN DISTRICTS.

#### DASHING CRACKER KATAMMI.

The fourth case taken up for trial on Thursday and Friday last before Mr. Justice Datten and an English speaking Jury was one of murder from Myliddy. Eight men, (1) Murugan Vayavan, (2) Vinasu Kandan, (3) Vayangan Kandan, (4) Murugan Velan, (5) Murugan Elayavan, (6) Vinasu Karuvai, (7) Vinasu Murugan and (8) Kanapathy Eiyavan, stood charged with unlawful assembly, rioting and murder of Verran Vally on the 27th of October last.

The accused severally pleaded "not guilty" and were defended by Mr. V. Joseph with Mr. Julius Phillips instructed by Mr. R. R. Nalliah.

It was alleged that on the day in question the deceased was returning from Pa oyi with a wedding party in which were the bride and bridegroom married a month prior to the incident. As the party was nearing its destination, they met another procession taking a bridegroom. The latter procession was using dashing crackers which made the bulls of the former get frightened and reeve. One of the deceased's party went up and asked the processionists not to use or force till they passed the cart. This was very much resented to by the processionists who began to put a once at the other party, one of whom Velan Vally was hit by a stone on the forehead and sustained a grievous injury. The deceased succumbed to the injury on the 31st of the same month.

The trial is proceeding.

#### A Hall Worthy of Jaffna Town.

#### UP TO DATE BUILDING REQUIRED.

#### ON A SPACIOUS AND CENTRAL SITE.

It will be remembered that at the last monthly meeting of the Jaffna Urban District Council a Committee consisting of the Provincial Engineer, the Provincial Surgeon, Messrs V. Joseph, and R. R. Nalliah with the Secretary as convener was appointed to consider the proposal made by Government to hand the Press's Office to the U. D. C. for its new quarters. The Press's Office is to be housed in the building of the Jaffna Race House, which is to be shifted to the present I. D. B. facing the lagoon off Paccatual.

Public opinion in the Town seems to be not entirely in favour of this proposal. The need of an up to date Town Hall for Jaffna has been long over due and that the Government should be approached with a view to securing a central site on which a good building should be put up with a large hall so as to accommodate the offices of the Chairman, Vice Chairman and the staff and to conduct the meetings of the Council.

#### Shifting Mullaitivu Kachcheri.

#### GOVT'S MOTION POSTPONED.

At last Friday's meeting of the Legislative Council the Hon. the Controller of Revenue (Mr. F. G. B. Brett) was down to move: "That in the opinion of this Council it is desirable that the question of the removal of the headquarters of the Mullaitivu District to Vavuniya should be further considered."

Before moving the resolution Mr. Tyrrell announced that two telegrams had been received from the Hon. Mr. T. M. Sabaratnam, one by the Hon. Colonial Secretary and the other by himself, expressing his (Mr. Sabaratnam's) inability to attend Council that day and asking for a postponement of the discussion on that motion. Mr. Tyrrell was rather reluctant to accede to the Member's request as the matter was an urgent one and could not be postponed. Hon. Sir P. Ramaswami and Hon. Mr. E. W. Perera pointed out to the Council that if the Member's request was not acceded to it would be unreasonable. Ultimately the motion was postponed till next Thursday.

ROYAL WEDDING AT OSLO.—It is announced that the Duke of York will represent the King at the wedding of the Crown Prince of Norway and Princess Martha of Sweden, at Oslo next month. H. R. H. will be accompanied by the Duchess of York.

#### Continued.

The President in declaring the meeting closed said that by God's grace the Hindu Board of Education was able to achieve all that success. Further progress of the Board depended on the encouragement and help given by them all. He prayed that God may help them to carry on the noble work they had undertaken.

With the singing of the Vayam the meeting terminated.

A meeting of the directors was then held and the following officers were elected, all of them being re-elected.

President: Mr. S. Shivapadaasundaram. Vice President: Mudaliyar A. Nagarathar. Hon. Secretary: Mr. M. S. R. Saratham. Hon. Treasurer: Mr. K. Alayadurai. General Manager of Schools: Hon. Mr. S. Rajaratnam.

As then the officers others elected to the Executive Committee were Messrs. O. K. Swaminathan, V. R. Venkataraman, W. Vijayaratham and V. Veerasingham.

#### His Majesty's Itinerary.

#### EMBASSY TOY (HOUSE) MAINTAINED.

It was officially stated at Craigwall House, Bogor, this evening, that the King had passed a good day. His Majesty was well and happy and was able to walk round the bedroom.

#### ABLE TO WALK ROUND BEDROOM.

It was officially stated at Craigwall House, Bogor, Feb. 21, that the King passed a good day. It is learnt that the King walked round his bedroom yesterday, with the aid of a stick, and with a nurse at his side. His Majesty is still extremely weak, and despite the good weather which has set in, it is unlikely that he will be removed out of the house.

#### BENEFICIAL EFFECT OF SUNSHINE.

It is officially stated at Craigwall House, Bogor, this evening, that the King had passed a good day. The sun shone brilliantly throughout the day, and His Majesty spent several hours at the window. —Times cuttings.

#### OBITUARY.

#### MR. A. S. DURAY.

It is with feelings of deep regret that we chronicle the death of Mr. A. S. Duray, retired Head Overseer, F. M. S., of Araly South, which sad event occurred on the 18th ultimo. The deceased gentleman was 52 years of age at the time of his death. He leaves behind him his two daughters, his brother, Mr. A. I. Duray, Head Overseer, Sittavay, and a large circle of friends and relatives.

The late Mr. Duray was a philanthropist. He was a source of help to his neighbours and rendered valuable assistance for the advancement of the community. —Cor.

#### MRS. W. SABAPATHY.

We regret to record the sad and untimely death of Rasmamy, wife of Mr. Vytlingam Sabapathy, Ayurvedic Physician of Vannarponnai East, and sister-in-law of Mr. W. Kandiah, the popular Ayurvedic Physician, on the night of Monday last after a brief illness. The funeral took place the following day and was well attended. The deceased lady leaves behind her to be her loss, her husband, two sons and two daughters, and a host of friends and relatives. We extend our heartfelt sympathy to the members of the bereaved family.

#### MR. S. VYTLINGAM.

It is our painful duty to chronicle the untimely death of Mr. Vytlingam (Tiyangarajah) son of the late Mr. Vytlingam Cheliah of Vannarponnai West, (Ayurvedic in-charge, Pooneri Government Dispensary) and nephew of Mr. S. Kandayya, Proctor S. O., on the afternoon of Sunday last. The deceased young man who was only in his twenties at the time of his death was employed in the Civil Medical Stores, Colombo, as a Clerk, after his school career in the Jaffna Hindu College. Owing to ill-health he had to resign his post and come back to Jaffna where he underwent treatment but to no avail. The funeral took place this morning (Monday) and was well attended, the remains being cremated at the Kombayamman oratorium. We extend our heartfelt condolences to the mother of the deceased and the other members of the bereaved family.

#### NOTICE.

Tenders will be received by the Chairman, Local Board, Trincomalee until 12 o'clock noon on Saturday the 2nd March, 1929, for

- (a) Erecting an additional vegetable market 60' x 15' in the Central Market premises.
- (b) converting the existing vegetable market into a fish market and the fish market into a vegetable market.

2 The works to be carried out in terms of plans and specifications which may be seen on application at the Local Board Office, and completed on or before 30th June, 1929.

3 The successful tenderer will deposit with security of 5% of the amount of the contract.

4 The Chairman does not bind himself to award the lowest or any tender and shall be at liberty to accept any portion of a tender.

5 Further particulars may be obtained on application to the Secretary or Inspector, Local Board, Trincomalee, 19th Febr. 1929. Chairman, L. B. G. 1029.

#### THE MAILS.

(G. P. O. Colombo.)

#### RECEIPTS.

London Mails per the P. & O. "Maldavia" are due on Saturday, March 2, and per the O. L. "Orpesay" on Saturday, March 9.

Straits & China Mails per the M. M. "Sphinx" and the N. Y. K. "Tamba Maru" are due on Tuesday (tomorrow); and per the P. & O. "Kashgar" on Wednesday, February 27.

#### DESPATCHES.

London Mails per the P. & O. "Kashgar" will close on Thursday, February 23, and per a P. & O. Steamer leaving from Bombay will close on Tuesday, March 5.

Straits & China Mails per the R. M. "Indrapoora" will close on Saturday, March 2; and per the P. & O. "N. Bern" on Sunday, March 3.



If there is any disease which can be called universal, it is constipation. From the poorest to the richest, more or less in the latter, this disease has its victims. Everyone knows its evil effects. But, perhaps because it is very common very few pay any attention to it. And therefore it is that most of us suffer.

What is constipation? It means constipation of food matter, that is the stoppage of the onward flow of excreta. Anything that is prevented from moving naturally is constipated. And what is the result of retarding? This each one of us knows by experience.

What is the process of digestion, assimilation and excretion. Prof. Radhakrishnan, the Principal of Gurukulaya Ayurvedic College at Haridwar has described it as follows in the course of his article on "Is meat a desirable article of diet?" in the Vedica Magazine:

1. In the mouth, the food is chewed and is made fit to be swallowed and to be subsequently acted upon by the stomach juice. By the chemical action of the saliva all the starch is converted into sugar. Hence when the food is chewed properly, to an appropriate degree of fineness, its taste becomes sweet.

2. In the stomach, the food is further ground up, mechanically by the churning movements of the stomach walls, and thereby the food becomes, not only extremely fine, but is also thoroughly mixed up with the stomach juice. The juice of the stomach by its chemical action, converts all proteins into simpler proteins. Food remains in the stomach about 4 hours; then it is discharged into the intestines by a series of spurts.

3. In the small intestine proteins and starches undergo final changes and the final products absorbed through the intestine wall into the blood vessels. Finally the remaining substances are discharged into the large intestine.

4. The large intestine thus receives from the small intestine food substances, mucus whatever particles have as a result of digestion, been absorbed and plus what liquid secretions have been added to it. It thus contains now a large amount of water. These contents take 8 hours to traverse the whole large intestine. And in this long stay, water is absorbed, and the contents thus undergo solidification. This semisolid matter, as it accumulates at the lower end of the bowel gives rise by pressure to a conscious sensation, a desire to defecate.

It may be that our digestion may be alright and our appetite keen, still the waste matter might be lurking in some part of the intestinal tube. This latter is constipation. And its symptoms are many. Pain in the abdomen while trying to pass out the fecal matter; delay or denial in passing out the matter, feeling of some matter having remained; untimely or constant loose motions; at times passing of mucus blood; itching sensation due to bacteria, feeling of laziness; sticking in the mouth and foul smell; hardening and dryness of the skin; loss of appetite; temperature—these are various symptoms of the disease. It counts among its victims more rich people than poor, more stay-at-home than hard workers, more fat people than lean, more of the city than of the village more non-vegetarians than vegetarians. These who overwork either mentally or physically, who are not regulated in their diet, whose character is not quite all right, who are addicted to very spicy or sour food, who bathe after meals, who take to liquor, who either sleep much or wake up much, who do not drink the required quantity of pure water, who do not observe continence—these alone suffer from constipation. Almost all diseases to which the human body is subject can be traced to constipation. That is why doctors invariably recommend purging the intestine before administering any medicine. On the face of it it is clear that an uncleaned latrine just in the very body itself must spread its infection all over. Cough and cold, fever of all kinds, neuralgia, indigestion and dyspepsia and other quite common ailments are all the result of constipated and rotting bowels. Still people go about covering their body with finest clothes and carrying within them the dirt laden gas producing organism—the long intestinal tube. We pass over this seemingly ordinary occurrence. But when piles, and other dangerous diseases like impotency, leprosy, and phthisis etc, make us their victims, it becomes too late to effect any cure. How then to keep the colon clean and insure not only a long, healthy and happy life but also freedom from suffering at the hands of innumerable named and yet to be named diseases?

Cures there are many and the distressed patient runs to the nearest doctor for pills and patent drugs. All these might and do give immediate relief, but they leave the seat of trouble in the same state. Either of these remedies are possible. One, a life long association with pills and mixtures, or two, determined effort to strengthen the abdominal organs and the secretion glands by proper and well regulated Yogic exercises like Sarvangasana, Uddyan, etc combined with a judicious diet.

Nature offers beautiful remedies for the wrongs we have done her. Early in the morning after getting up from bed we must not forget to clean the face, rinse the teeth and mouth and then drink two tumblers full of pure and fresh water, the effect of this *Usha* pan is marvellous. Morning walks and if age and health permit, sharp running in the open air is a great tonic. There is absolutely no use in putting off the evil day. Constipation is a dangerous disease and if anything can help to eradicate it, it is diet and exercise. The so called civilization after years of wrongdoings in boiling, frying and spicing food-stuffs to suit taste and fashion has only resulted in producing a crop of doctors and surgeons. We applaud inventions in the Medical World but never for a moment do we realize that we create the need for them by wilfully slanting against nature's ways.

Just because the stomach and intestines happen to be elastic pouches we fill it to any extent, even up to the limits of vomiting. And then stand up to defend spices, smoke and drinks—mild and hot, as helps to digestion!

Our diet must consist of not only assimilable things forming and heat producing materials like carbohydrates, proteins, vitamins etc but they must essentially have a large proportion of non-assimilable, and indigestible *Sharp* matter to give bulk to the intestinal refuse so that the organ might easily eject it out. All fresh vegetables especially leafy ones, and fruits (at least lemon) must be taken in plenty, cooked or uncooked as

Continued on

## AN AMERICAN VISITOR'S IMPRESSIONS.

Mahatma Gandhi writes in "Young India":—One reads conflicting reports in newspapers about the great experiment in prohibition that America is making. I question about it the many American tourists who visit me and the majority have assured me that the experiment is working well. Among these visitors recently there was an American authoress Madame Sara M. Algeo. She claimed to have worked in the cause of prohibition and was an ardent reformer. I therefore asked her to put down in writing as briefly as she could her impressions of the experiment which she very kindly did. Here are relevant parts of her enthusiastic letter:

"In my interview this afternoon you asked me to write you about our recent great victory for prohibition in the United States. It is with real pleasure I do this, for there are so many wild stories about it being a failure that I welcome the chance to put before you the facts. You have been a prohibitionist for many years like me. We have seen our highest hopes shattered many times and have wondered if our dreams would ever come true.

"Mine were more than realized in the last election in America. As you know we have two dominant parties—the Republican and the Democratic party. Every four years these two parties are drawn up in battle royal over certain issues. In November all other issues pale beside the great one of prohibition which has been in force since 1919 and which had reached a crisis, so many of the richer classes seemed to want their liquor back.

"Governor Alfred Smith of New York State who represented the 'wets' asked his hopes of election on the vote of the 'wets' and came out boldly and noisily in favor of repeal of prohibition laws. Mr. Herbert Hoover on the contrary and his running mate Senator Curtis were equally strong in favor of the continuance of prohibition, the former saying it was a noble experiment and the latter that he did not favour the repeal of the Volstead Act. As you know the victory for prohibition and Mr. Hoover was overwhelming not only for the Presidency and Vice Presidency, but for the Senate and Congress as well—8 wet senators going down to defeat and 14 wet Congressmen doing likewise.

"And here is where I, as an ardent woman suffragist, experienced great joy. For, as every new paper truthfully declared: The Women Did It. It was the quiet little hombody of the South who contrary to all political expectations deserted her party, the Democratic, that of Mr. Smith, and voted for Mr. Hoover. Not only did they vote for Mr. Hoover but they formed clubs and shamed many of their menfolk into supporting him. It was indeed a victory for prohibition, a victory for woman suffrage, but especially a great triumph of good over evil."

### Continued.

the care may be. The corn and the pulse, wheat, rice, cereals, etc. must never be cleaned of their bran and chewable outer coating, that is the hull grains and the unpulverized rice, and the rough branful wholemeal wheat flour must be used in the preparation of breads, soups etc. From experience it is seen that such diet as the above costs only Rupees five per head per month, including butter milk and jaggery. But only two meals a day! They are sufficient to give the needed energy for a full day's work. Real after meals must become a habit.

Serious thought must be given to the problem of diet. Established conventions, household routine, grand mother's sayings and our own awful ignorance and negligence can no more do. Let us sincerely think of what we are doing in our eating, our drinking, and the way in which we spend the little span of life. And then let us with a will, choose to be free from all possible ailments the root cause of which is constipation.

Here are a few hints, which if you but follow will enable you to combat constipation.—

(1) As soon as you get up from bed, sit for a few minutes in the *gusthi* posture. This enables the fecal matter to descend into the anal canal. You may use these moments for Prayer and meditation.

(2) In case your bowels do not move in the morning never get worried about it; but drink (say, sip) a glassful of tepid or cold water, with a little salt dissolved in it, and take a short run in the open.

(3) If you can afford the convenience, take a hip bath, or while bathing massage the abdomen, from right to left round the navel, with a wet towel.

(4) Sip plenty of water an hour before meals and an hour after it; but never during meal time.

(5) Eat only twice, once between 10 a. m. and 11 a. m., and between 7 and 8 p. m. Swami Rama Tirtha says, "If you want to injure your enemy, give him something to eat between meals."

(6) Let your diet consist only of whole meal wheat bread, *chapatti*, prepared at home out of rough, branful wheat flour, which of course you must slowly masticate, with plenty of green vegetables, preferably leafy.

(7) Avoid all soft and starchy food-stuffs like rice etc. Also do not take *Dal* of any kind.

(8) Of course you must boycott bile exciting semi-innoxious coffee and tea; as well as all pungent spices and red hot chillies.

(9) After dinner rest a while, after supper walk a mile! is a saying most of us know, but a truth very few of us have realized. Hurry is the curse of Modern Civilization and in our past haste to 11 O'clock office and 10 O'clock school, we forget, may we can't spare time to give rest to the system and enable the stomach to get full advantage of the blood-circulation. What is the remedy?

Arise for early morning school or office, failing which, sit any one sit for the mid day meal before 10 a. m. Of course don't neglect slow mastication. After food do lie down and take half hour's nap or rest.

(10) Always sleep on your left side. This aids the downward flow of digestive juices into the stomach and also helps peristaltic action of the alimentary canal.

With you clean bowels and good health,

—"Brahmacharya".

## NAPOLEON'S GREATNESS.

Mahatma Gandhi writes in "Young India":—A friend sends the following interesting extract from an old number of My Magazine: "No conqueror ever gained more by wars than did Napoleon, Emperor of the French, who, beginning as a poor Corsican Lieutenant, for a little while dominated Europe, altering boundaries, wresting thrones. Yet Napoleon knew that it was folly to rely on force. 'There are only two powers in the world,' he said, 'not after he had been defeated and exiled, but while he appeared to be at the height of his success; those powers are the spirit and the sword. In the long run the sword will always be conquered by the spirit.'"

"But why, we may ask, did Napoleon, if he saw so plainly the uselessness of war, continue to make war? Why did he use the sword until it was wrenched out of his hand at Waterloo? Partly because Napoleon, like the rest of us, could not always practise what he preached, but partly because other kings and emperors would not let him alone. They were not as wise as he. When he pleaded for peace they would not believe he was sincere. To the Emperor of Austria after a fierce battle he addressed this personal appeal: 'Thousands of Frenchmen and Austrians have been killed. The prospect of continuance of such horrid distances me so greatly that I make a personal appeal to you. Amidst grief and surrounded by 1,600 corpses, I implore your Majesty. I feel bound to give you an urgent warning. You are far from us, your heart cannot be so deeply moved as mine is on the spot.'"

"But is give our generation peace and tranquillity. If the men of the latter days are such little as to come to blows they will lose wisdom after a few years of fighting and will then live at peace with one another."

Would that India twice through her Congress has subscribed to the policy of non violence will adhere to it and demerits to a world growing under the curse of the sword that the spirit does triumph over the sword in national affairs as it has ever been shown to have triumphed in individual affairs.

## Auction Sale.

IN THE DISTRICT COURT OF JAFFNA.

Testamentary Jurisdiction No. 24035.

1. Thambiah Sivakolanthu and wife,  
2. Thilakavathipillai of Manipay

Plaintiffs.

Vs.

1. Nagamattu widow of Sinnatamby and  
2. Sinnatamby Marimuttu of Vannarponnai West

Defendants.

Under and virtue of the commission issued to me in the above case I shall sell by public auction the under mentioned Mortgaged property to recover the sums stated therein, costs of poundage etc., on Saturday 2nd March 1929 commencing at 9 a.m. at the spot.

An undivided half share with its appurtenances of all that piece of land situated at Vannarponnai East called Annakkannan Karivilthoddam in extent 3 Ams. V. C. with house, well, cultivated and spontaneous plants, palmyrah trees and bounded on the East by the land of Ponnachchy wife of Pandaram, North and the West by lane and South by the land of the heirs of the late Velan.

V. A. Durayappah,  
Commissioner.

Jaffna, 2nd February. 1929.  
Mis. 1380.

## Auction Sale.

IN THE DISTRICT COURT OF JAFFNA.

Testamentary Jurisdiction No. 5980.

In the matter of the Estate of the late Angela wife of Kulanthavelu Manuel of Chundichilly, Jaffna.

Deceased

Kulanthavelu Manuel of Chundichilly, Jaffna.

Administrator.

Under and by virtue of the commission issued to me in the above case, I shall sell by public auction the undermentioned property on Saturday 16th March 1929 at 4 p. m. at the spot.

Land situated at Chundichilly called "Payanthalamadaiyitpalamkillo, Payanthalamadaiyitpalamkillo, Payanthalamadaiyitpalam and Payanthalamadaiyitpalam in extent 11 Ams. V. C. and 4 Kls. with palmyrah and other appurtenances belonging thereto and bounded on the East by the property of Anthanippillai Paul Moses, North by the property of Elizabeth Muttamiah widow of Varnaculasingha, West by the property of the heirs of the late Alfred Nicholas Santiago and Louis Edirmannasinghe and share holders and on the South by the property of Louis Edirmannasinghe by Road and by the property of Anthanippillai Paul Moses.

V. A. DURAYAPPAH,  
Commissioner.

Jaffna 15th Feb. 1929.  
Mis. 1389

The undermentioned Government timber lying at the Jaffna Depot will be sold by public auction on the spot by the Divisional Forest Officer, Northern Division, Jaffna, on Tuesday March 12, 1929, at 9.30 a.m.:

Lot: I. 100 Pale logs,  
" II. 22 Rejected posts,  
" III. 10 Rejected Vallsals,  
" IV. 80 Rejected broom handles.  
For further particulars please see Government Gazette No. 7,641 of Feb. 22, 1929.  
J. D. SARGENT,  
Conservator of Forests.  
Office of the Conservator of Forests,  
Kandy, February 16, 1929.  
G. 1019.

## Order Nisi.

IN THE DISTRICT COURT OF MULLAITIVU.

Testamentary Jurisdiction No. 255.

In the Matter of the Estate of the late Can-pathipillai Ampalavanar of Mullaitivu Deceased.

Velupillai Chelliah of Tannaitivu  
Vs.  
Ampalavanar Naderejah of Mullaitivu presently of Parumachwara College in Jaffna District

This matter of the Petition of the above named Petitioner praying for Letters of Administration to the estate of the above named deceased coming on for disposal before R. S. V. Pouller Esquire, District Judge, on February 11, 1929, in the presence of Mr. V. T. Swaminathan, Proctor, on the part of the Petitioner and the affidavit of the Petitioner dated February 9, 1929, having been read, it is declared that the Petitioner is the next of kin of the said deceased and is entitled to have Letters of Administration to the estate of the said deceased issued to him unless the Respondents or any other person shall, on or before March 9, 1929 show sufficient cause to the satisfaction of this Court to the contrary.

February 11, 1929.  
O. 1681.  
R. S. V. Pouller,  
District Judge.

## Order Nisi.

IN THE DISTRICT COURT OF JAFFNA.

Testamentary Jurisdiction No. 8718.

In the matter of the estate of the late Rasaleedchum alias Rajaratnam daughter of Ratnasabapathikurukkal of Sivayambal Deceased.

1. Marandayekurukkal Vaitianathokurukkal and  
2. wife Sivayambal alias Sivayambal of Pultoor

Petitioners.

Vs.

1. Ratnasabapathikurukkal Ganeraram of Point Pedro and  
2. A. Nageshthirakurukkal of Point Pedro

Respondents.

This matter of the Petition of the above named Petitioner praying that the above named 2nd Respondent be appointed Guardian ad litem over the minor 1st Respondent and for grant of Letters of Administration over the estate of the deceased coming on for disposal before J. C. W. Rock Esquire, District Judge, Jaffna, on March 18, 1928, in the presence of Messrs. Sivaprasam & Kattresu, Proctors, on the part of the Petitioner and the affidavit of the 1st Petitioner dated February 24, 1928, having been read.

It is ordered that the above named 2nd Respondent be appointed Guardian ad litem over the minor 1st Respondent for the purpose of representing him in this action and that Letters of Administration be granted to the 2nd Petitioner and she is one of the heirs of the deceased intestate issued to her unless the Respondents or any other person shall on or before May 8, 1928, show sufficient cause to the satisfaction of this Court to the contrary.

March 27, 1928.  
Extended for 15th January, 1929.  
James Joseph,  
Adl. District Judge.

Further extended for 26th February, 1929.  
K. Kanagasabai,  
Acting Additional District Judge.

O. 1680.

## DON'T LOCK UP YOUR MONEY in Diamonds!

You can get all the Brilliance and Beauty, Dazzle and Delight of the costliest diamonds at a Fraction of their price, by using our

**DAZLO** (Registered)

The Most Modern Scientific stones—hard as diamonds—for every sort of fashionable jewellery. These are not to be compared with glass stones. We will make the jewellery you want—or you may buy the Dazlo diamonds.

**P. Gopalaswami Naidu & Son**

Jewellers & Precious Stone Merchants  
10, Saint Thomas Mount P. O. (near Madras.)

Mis. 1388

Printed and Published by M. S. Ramanathan, for and on behalf of the Proprietors, the Jaffna Daily News, at their Press, the Salya Press, Jaffna.