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No. 35

RIGHTEOUSNESS EXALTETH A NATION, BUT SIN IS A REPROACH TO ANY PEOPLE

Rural Sanitation and Hygiene

At the Health Exhibition held recently at the Kaddaveily Methodist Mission Schools, Dr. S. C. Thuraiarajah, M. O. B. Jaffna speaking on "Rural Sanitation and Hygiene" said:—Ceylon was afflicted by three main curses—Malaria, Typhoid and Dysentery. Confining himself to the spread of the last two, he said that, if sufficient attention was paid to securing purity of the water drunk and the proper disposal of faecal matter, these two diseases could be kept under control. For the prevention of disease and for the maintenance of good health Dr. Thuraiarajah laid down five golden rules:—

- (1) Construct latrines and use them.
- (2) Drink boiled water, after it has been cooled.
- (3) See that the rooms of your house are properly ventilated.
- (4) Keep your rubbish in bins or in pits.
- (5) Keep a vegetable garden in your house to help to secure a well-balanced diet.

Co-op. Union Hospital Tholpuram

A new ward containing twelve beds at the Co-operative Union Hospital, Tholpuram, was formally declared open by Mr. M. Prasad, Government Agent, N. P. on Saturday. Mr. K. Supramaniam, the President of the Co-operative Union Hospital Society, Ltd. and donor of the new ward, welcomed the Government Agent, the Secretary, Mr. K. Sabapathipillai then read a brief statement of the history of that institution. After the formal opening the gathering moved on to the hospital grounds where a public meeting was held under the Chairmanship of Mr. Prasad. Dr. K. Kathiravelu, Mr. Justice Cannon and Mr. M. Sabaratnasinghe were the chief speakers.

1500 Teachers without posts
An endeavour is being made by the Education Department to find employment for as many as possible of the 1,500 certificated teachers who are out of work.

Arrangements have been made to give these teachers a training in rural reconstruction, food production and adult education work and after the period of training to place them in charge of the adult education centres which are being established in different parts of the country.

During this period of training these teachers will be paid an allowance of Rs. 15 a month and when they take up work at adult education centres they will be paid a salary of Rs. 26 per month.

The Hindu Board of Education

At the Annual General Meeting of the above Board it was reported that the Hindu Board of Education has completed 16 years of useful and meritorious service to Hindu Ceylon. At the end of 1939, there were 16,000 students and 500 teachers in their schools. And it is stated to be the largest educational institution in Ceylon.

Social Reform League

The Working Committee of the Ceylon National Congress has recommended that Congress should organise a Standing Committee to function as a Social Reform League seeking the co-operation of all communities and Government Servants.

This League is meant for the purpose of implementing the following Five Point Congress Social Code drawn up by the Working Committee:

1. Simple weddings, funerals and other functions
2. Simple dresses
3. Temperance,

4. Abstinence from gambling
6. Patronise swadeshi industries.

Obituary

The death occurred recently of Mrs. Elizabeth Paul wife of the late Rev. Isaac J. Paul. She leaves three daughters, Mrs. J. R. Fry of Kollapitiga, Miss Grace Paul, of Kandy, and Miss Rancee Paul of Uduvil, and three sons Messrs. Charles Paul of Singapore, Samuel Paul of Madras and Robert Paul of the Technical College Colombo. The funeral took place at Uduvil.

—The death of Mr. M. Siampu of Karainagar occurred at his daughter's residence at Kandaramadam Jaffna. The deceased was the founder of the Karainagar Hindu English School.

Personal

Dr. W. D. Ratnavale, a Lieutenant in the Ceylon Medical Corps, has qualified as an air pilot and obtained his 'A' license. He is the first doctor in Ceylon to have obtained this license. He is the son of Dr. W. S. Ratnavale of Colombo.

—Mudaliyar V. Ganagasaby of Navaly has gone for a change to Point Pedro and is residing in 'Venayaga Mudaliyar Road Point Pedro.

—Mr. E. V. Nathaniel, retired Station master is lying very ill at his residence at Station Road, Jaffna.

—The Ceylon delegation to the Indo-Ceylon Conferences to be held at Delhi would consist of Messrs. D. S. Subramanyam, G. S. Corea, S. W. R. D. Bandaranayake and the Financial Secretary Mr. Huxham. The Central Government's Agent in Ceylon will also be present in Delhi during the conference.

—Mr. S. R. Ariyanayagam has been appointed a Notary Public throughout the judicial division of Jaffna, and to practise as such in the English language.

—Mr. V. S. Kandaiya has been appointed a Notary Public throughout the judicial division of Point Pedro—Chavakachcheri, and to practise as such in the English and Tamil languages.

UNION HIGH SCHOOL TELLIPPALAI

Founders' Day and Prize-Giving

Saturday, Oct. 5, 1940

Prof. C. Suntharalingam will speak and Mrs. Suntharalingam will distribute the prizes.

Please keep the date free.

I. P. Thuraiarajah, Principal.

NOTICE

It is hereby notified for the information of the general public that the Cross Road connecting the Point Pedro—Panimal Road and the Jaffna-Kandassan Road at the 14th mile post known as the Kandassan Cross Road (District Road Committee Road) will be closed further till the end of September 1940 to permit the construction of a 4 foot span culvert on same.

For Chairman D. K. G. Jaffna, District Road Committee's Office, Jaffna 6th Sept. 1940.

TO LET

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THE SIGH FOR PEACE 1940

Too long, too long has pagan force held sway
O'er nations born to share a common weal;
Too long the clash of arms has drowned the peal
Of human mirth and choked the freeman's lay!

Age after age satanic statesmen rise—
Their greed of power to sate are myriads slain!

Old Benito jigs o'er the mangled swain—
Trips heartless Hitler to the widow's sighs!

The Siren's blasts the wrath of God proclaim:
Turn, tyrants, tural power, pride and ire restrain!

One only Mighty is: adore His Name!
Man's rights uphold and carnage grim disdain!

Let Peace, the balm of war, the price of woe,
Return and soon efface this Planet's scar!

G. A. B.

Press Communique

On a proposal made by the Life Director, Mr. A. Baur, residing in Geneva, Switzerland, the Directors of Messrs. A. Baur & Co. Ltd., Colombo decided to make a contribution of £ 5,000, to the British Red Cross Society and accordingly a cheque for Rs. 66,666.67 made out to the Gloucester Fund was handed to His Excellency the Governor, by Mr. A. Leiber, Managing Director, with an expression of their sincere wishes for the successful prosecution of the war and their firm belief that the great cause of justice and freedom for which Great Britain has taken up arms will triumph in the end.

His Excellency the Governor feels sure that all the people of this Island will join in admiration and appreciation of Messrs. Baur and Company's fine and exemplary gift which comes as a further great inspiration to Ceylon's war effort.

Northern Assizes

Mr. Justice Cannon who was presiding at the Northern Assizes suddenly fell ill and had to return to Colombo where he has entered a private Nursing Home. The partly heard Chavakachcheri murder case, has been postponed for retrial.

Mr. Justice Nihil has assumed duties here as Presiding Judge from last Tuesday. There are yet six cases on the calendar. Six more cases are ready to be added and there is a possibility of some more cases being added to the calendar.

Wedding

On September 5th at the Manipay Church the Rev. J. R. H. Arnold assisted by the Revs. R. C. P. Welch and Wijayaratanam solemnized the marriage of Mr. Albert Wijeyasingham (sub Inspector of Police, Walasmulla), eldest son of Mr. & Mrs. N. S. Sanders of Chundikulni and Miss Grace Pushparany, eldest daughter of Mr. & Mrs. N. M. Muttuvolu of Manipay. The bride was given away by her father. After the service a largely attended reception was held at the bride's residence when Mr. A. R. Supramaniam, retired District Judge proposed the health of the couple supported by Mr. A. J. R. Vethavanam, Divisional Inspector of Schools.

உதய தாரகை

1940 ம் ஆகஸ்டுமாதம் 13 ம் உ

மதுபானத்தை நான் எதிர்ப்பது ஏன்? Why am I against Drink? என்பது James S. Mather எழுதியது.

1. மதுபானம் உயிருக்கு மிகவும் தீராகிறது... 2. மதுபானம் உடம்பை பலவீனப்படுத்துகிறது... 3. மதுபானம் மூளைக்கு தீர்வுகளை தரும்...

மேலும், குடும்பத்தினரையும், சமூகத்தினரையும் பாதிக்கிறது... மதுபானம் உடம்பை பலவீனப்படுத்துகிறது...

2) கடினமான உழைப்பு, தற்கால வர்த்தமானியம், மதுபானம்... 3) தற்போதுள்ள மதுபானம் மூலக்கடையால் பாதிக்கப்பட்டுள்ளது...

மேலும் மதுபானத்தைப் பரிசீலனை செய்து கொடுக்கவேண்டும்... 4) மதுபானம் உடம்பை பலவீனப்படுத்துகிறது...

3) தற்போதுள்ள மதுபானம் மூலக்கடையால் பாதிக்கப்பட்டுள்ளது... 4) மதுபானம் உடம்பை பலவீனப்படுத்துகிறது...

4) மதுபானம் உடம்பை பலவீனப்படுத்துகிறது... 5) மதுபானம் மூளைக்கு தீர்வுகளை தரும்...

போலீஸ்கள், வண்டியின் "பிடிவிலி" வழியாக... கந்தப்பிரணம் - அதேன் தோட்டம்

1) சித்தத்தின் வலியை வட்டம்... 2) கையேலைத் திறைப் தட்டம்... 3) கையேலைத் திறைப் தட்டம்...

4) கையேலைத் திறைப் தட்டம்... 5) கையேலைத் திறைப் தட்டம்... 6) கையேலைத் திறைப் தட்டம்...

7) கையேலைத் திறைப் தட்டம்... 8) கையேலைத் திறைப் தட்டம்... 9) கையேலைத் திறைப் தட்டம்...

10) கையேலைத் திறைப் தட்டம்... 11) கையேலைத் திறைப் தட்டம்... 12) கையேலைத் திறைப் தட்டம்...

கந்தப்பிரணம் - அதேன் தோட்டம் (உயிரில் பிழைத்து வந்தவர்களுக்காக... கந்தப்பிரணம் - அதேன் தோட்டம்)

1) கந்தப்பிரணம் - அதேன் தோட்டம்... 2) கந்தப்பிரணம் - அதேன் தோட்டம்... 3) கந்தப்பிரணம் - அதேன் தோட்டம்...

4) கந்தப்பிரணம் - அதேன் தோட்டம்... 5) கந்தப்பிரணம் - அதேன் தோட்டம்... 6) கந்தப்பிரணம் - அதேன் தோட்டம்...

7) கந்தப்பிரணம் - அதேன் தோட்டம்... 8) கந்தப்பிரணம் - அதேன் தோட்டம்... 9) கந்தப்பிரணம் - அதேன் தோட்டம்...

10) கந்தப்பிரணம் - அதேன் தோட்டம்... 11) கந்தப்பிரணம் - அதேன் தோட்டம்... 12) கந்தப்பிரணம் - அதேன் தோட்டம்...

தென்நாடு பழிப்பாயில் பழப்புணர் கொடை வளம்... குரபம்ன் வேண்டியபடி சிலன் கொடுத்த வரமாவது - (வரும்)

புத்த சமாச்சார விபாக்ஷியானம்

1) குரபம்ன் வேண்டியபடி சிலன் கொடுத்த வரமாவது... 2) குரபம்ன் வேண்டியபடி சிலன் கொடுத்த வரமாவது...

3) குரபம்ன் வேண்டியபடி சிலன் கொடுத்த வரமாவது... 4) குரபம்ன் வேண்டியபடி சிலன் கொடுத்த வரமாவது...

இலென்னை? அருவகளைப் பகலில் ஹூப்ரீக் ஈட்டுகிறாண்டுகட்டமமாக குண்டுகளைப் பெண்ணிக்கும் குழர்வைகளை மீட்டும் இராணுவம் கொட்டிப் பிரஸாத கட்டிடுகின்ற மயிசினுலென்னை? அல்லது இரகிஸ் அனுப்பி இரகிச்சுச்செய்யும் குண்டுகளை விசிடமக்கருடய சித்தினையைக் கொடுத்தாலென்னை? ஒன்றுக்கும் பிரிதானியப் பயப்படவில்லை, அதற்குமான அவர்கள் எதையும் மெடுமே ஈராவசாதன் கொண்டுநிற்கின்றனர், கொண்டு, அதனைச் செயலிதம் காட்டி வருகின்றனர்.

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சொருங்கு கொடுக்கப்பட்ட புகையிலைப் பணிகளைப் பரிசீலனைத்திலும் மரத்திரமே சரிபான சாதிப்புகையிலையையும் வாசலான பயிலையும் பெற்றத்கொள்ளலாம். அதிர்வுகள் உண்மை (முதுகிப்பக்கையும் இன்னும் அவைகைய புகைபிழையும் உலகசான்றவர்களைக் கொண்டு கொடுக்கப்பட்ட புகையிலைப் பணிகளைக் கொடுக்கப்பட்ட புகையிலையையும் பெற்றத்கொள்ளலாம். யிளித்தியை மருத்துவம் சரிபான சாதிப்புகையிலையையும் பெற்றத்கொள்ளலாம். யிளித்தியை மருத்துவம் சரிபான சாதிப்புகையிலையையும் பெற்றத்கொள்ளலாம். யிளித்தியை மருத்துவம் சரிபான சாதிப்புகையிலையையும் பெற்றத்கொள்ளலாம். யிளித்தியை மருத்துவம் சரிபான சாதிப்புகையிலையையும் பெற்றத்கொள்ளலாம்.

UMBRELLA MARK TILE New shipment just arrived. These tiles have largely been used by Government and Local authorities. Satisfaction guaranteed. Obtainable From the Sole Agents Messrs J. Cherubim & Brother, MAIN STREET, JAFFNA.

The Morning Star

Friday Sept. 13, 1940.

MODERATION VS. TOTAL ABSTINENCE.

Public opinion on the subject of the indulgence in Alcoholic beverages, has undergone a vast change in the past half century.

With the advent of the microscope and advance in Scientific Research, men of learning have discovered many things unknown in days of old.

Today the Theoretical Value of Total Abstinence has been amply proved by Scientific Research, while its Practical value has been proved by national experience.

The subject is one of special interest and importance to Ceylon students from both the personal and national standpoints. Young people on the threshold of life have a right to expect from educators and scientists such knowledge as shall help them make wise decisions on the great moral problems they must face, for success or failure in life may depend on these decisions.

No one will deny that over indulgence in Alcoholic beverages is harmful. No moderate drinker will admit the possibility of his becoming a drunkard. Drunkenness has been condemned by all religious leaders, and yet the fact remains that many people still firmly believe that taken in moderation, Alcohol does no harm, and is really a food or a tonic. This is one of the beliefs that scientists have now proved false.

"Fourteen glasses of Beer" we are told, "do not contain the food value of a glass of milk" and "There is as much nourishment in a teaspoon of sugar or a slice of bread as in 8 pints of Beer."

Far from being a food, Alcohol interferes with the power of the body to make use of its ordinary food.

In fact—the ultimate harmful effects on the body of small doses taken daily, may really be greater than those following an occasional heavy drinking bout, for in the later case, the free intervals give the body a chance to throw off the poison and repair the temporary damage done.

It is thus possible for a man, who has never been really drunk in his life, to become a Chronic Alcoholic.

In order to understand fully this effect of Alcohol on the human mind and body it is necessary to know something of the structure of the body.

I presume that most of my readers have a general knowledge of Physiology and know that all plants and animals are built up of small forms of matter called "cells" the basis of which is a jelly like material called "protoplasm" having a central nucleus and a delicate cell wall.

The simplest form of life consists of only one cell, which has in itself the power of feeding, excreting, moving, feeling and reproduction.

As we pass higher in the scale of life, however, the cells increase enormously and we find now, a differentiation of labour, certain groups of cells concerning themselves only with some special duty such as preparing special juices, dealing with food supplies, throwing off waste products &c.

As working people in a nation are collected together in shops or factories for special purposes, so cells of certain kind are packed into 'organs' which have special functions to perform.

These organs do their work well or ill, according to the condition of their individual cells and the health and activity of these cells depend on the condition of the cell protoplasm.

Sanitary medicine to-day is busy learning how to avoid those things which injure human protoplasm, whether in the air we breathe, in food or drink, or whether conveyed by germs whose toxins depress the system.

We all know that the blood carries Oxygen to all the cells of the body, and that Oxygenation of the protoplasmic tissues is necessary to life—that all cells require Oxygen in order to live and work.

The word 'Metabolism' is used to denote the normal healthy chemical changes going on in the body as a whole, the process of Oxidation is the means whereby heat and energy are provided and all waste materials are got rid of.

It means not only combustion of foodstuffs, but the burning up of waste products prior to their removal from the body.

Anything therefore, that interferes with the various oxidation processes, impairs vitality and health.

As Alcohol possesses a marked affinity for Oxygen, its presence in the blood stream rots the tissues of Oxygen that would otherwise be used for combustion.

The rate of body metabolism is therefore delayed and the body becomes clogged with worn-out matter that should have been oxidized and thrown off.

Delayed metabolism may result in increase of weight (beer drinkers are usually fat) but this is by no means a sign of health, but rather a sign of a sluggish and unhealthy condition of the body, and the forerunner of such diseases as gout, eczema, liver, abscess, Bright's disease &c.

Scientific research has proved beyond doubt that Alcohol acts as a definite protoplasmic poison on all forms of cell life.

Now cells differ from one another not only as to function, but as to structure as well.

There is a vast difference between the sturdy bone or muscle cells, and the sensitive, intricate cells of the brain and nervous system, which are many million times more delicate than the works of the finest watch that was ever made.

It is not surprising therefore to learn that these delicate cells are the first to be affected by any trace of Alcohol circulating in the blood stream. Therein lies the danger of moderation.

As the brain-cells perform the task of ruling and controlling all the other cells of the body, all the powers of both body and mind depend on their health and activity.

The brain controls all movements, and sends its orders to over 500 muscles. It receives messages from eye, ear, nose and tongue, from the surface of the body and every internal organ. The nerves being the wires that carry these electric messages back and forth.

The time it takes for the eye to see an object, and for it to telegraph the fact to the brain, and for the brain to send an order to the part of the body that must act is called 'reaction time'.

Under normal conditions this should be about 1/3 second. When a person has had a moderate drink of Alcohol (a peg of whisky, or arrack—or 2 drinks of toddy) it takes 1/2 second—the reaction time has doubled. The larger the quantity of Alcohol the slower this reaction.

Moreover, we all unconsciously, when walking or driving judge the distance between ourselves and some object in front of us.

This is called 'distance judgment'. Alcohol disturbs this sense, and even the very moderate drinker is unable to judge distances accurately. He usually over estimates, and is really 1/2 nearer the object than he thinks he is.

Errors in 'distance judgment' and 'reaction time' are the real explanation for many of the accidents that occur in driving a motorcar or in working with machinery.

Science also declares "skilled movements, requiring delicacy of touch, and precision in execution" are adversely affected by even small doses of Alcohol.

Now, at birth the brain is very simple, the cells are not so completely formed and are not connected to each other by fibres. As the child grows the brain develops, becomes more complicated and acquires new powers in a definite order.

At first the brain cells control only simple life functions—then come the development of the cells governing the senses and emotions. Later the group of cells in which memory is stored begin to function, and little by little through school and college days those intricate cells comprising the centres of memory, understanding, reason and judgment reach their full development. Last of all—highest and greatest of all, and the most difficult to acquire, the power of self-control.

We have said that Alcohol first affects the most important cells in the body—those of the brain but it goes farther, and attacks first the most delicate and highly organized cells of the brain, itself. Alcohol begins at the top and works down. Self control is the first to suffer—loss of control of thoughts, speech and actions.

This may be serious, for it means that reason judgment and understanding are not under complete control. When more Alcohol is taken, memory and emotions are disturbed with loss of muscular control, and the well known condition of "drunkenness" has been reached.

With the first few drinks, no harmful effects are apparent to the ordinary observer. A person in this condition seems to be able to speak and walk and act as usual and yet that which man values most, reason and judgment have been assailed and such a person is less fit for any position of responsibility.

In these days of competition and unemployment, a young man cannot afford to handicap himself with habits that impair health and efficiency.

In the realm of sport Alcohol finds no place, the opinions of champions and coaches are unanimous on this point and can be taken as safe guidance for all who wish honestly to face the question of Moderation vs. Total Abstinence. I append a few such opinions.

Mary H. Ramam,
President W. C. T. N.

Colombo
27th Sept. 1940.

Mr. George J. V. CONNELL—
TENNIS COACH

"No professional Tennis Instructor cares to bother with players who drink, coaches have learned that the game requires not only muscular precision, co-ordination and control, but mental alertness, snap judgment, as well as keen psychology in order to jockey the opponent out of position for a trick shot. The champion, must outguess, out manoeuvre and out play his rival on the tennis court and he cannot do that with Alcohol in his veins."

FRED J. PERRY—TENNIS CHAMPION.

"I am a teetotaler—not am I peculiar in that respect among first class lawn tennis players.

If you were to go into the dining room of any continental Hotel where we were staying, you would recognize our table by the largest jugs of orange and lemon drinks on view."

AMOS ALONZO STAFF,
FOOTBALL COACH.

"After 47 years of coaching football I can say without hesitation that a football player, as well as any boy or girl would be a fool to drink alcoholic liquor—why put poison into your system? Give your body a fair break—also give yourself and your future a fair break—Don't play around with dynamite."

KING GEORGE'S FUND FOR SAILORS

His Excellency the Governor has received a letter from Admiral Sir Aubrey Smith, Deputy Chairman of the General Council of the above Fund, acknowledging the receipt of a cheque for Rs. 1,500 for the above War Fund, and stating that H. R. H. the Duke of Kent, President, has desired to convey to His Excellency and the people of Ceylon his most sincere thanks, and those of the General Council of the Fund, for the handsome contribution to the War Fund.

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ENGLAND'S FIGHT IS CEYLON'S SAFETY

One aspect of the War is unpleasant, that is the mere thought of the manner in which German rule has been a cause of poverty, slavery and misery to subject races. There has never been in tropical countries subject to Germany anything but the extreme opposite of what British rule has been. Even in small European countries recently put under German domination, the Germans have instituted the same domineering rule and brutal intolerance; systematic and callous disregard and contempt is the German attitude to any culture other than their own; suppression of religious freedom and civic liberties are part of the tyranny of German rule over small countries. It is very difficult to understand that, in this age such evil principles and savage practices are prevailing and the unpleasantness of the mere thought of such merciless rule makes many people in Ceylon avoid trying to understand facts revealed by impartial observers as well as by thousands of sufferers. The proofs that such cruel conditions prevailed in the tropical countries formerly under German rule have been plentiful and unbiased. The years that have passed since those tropical countries were freed from German tyranny are only half a lifetime and the facts cannot be forgotten. In Europe the same intolerance and merciless oppression has been exercised over the weaker countries, Austria, Czechoslovakia, and Poland during the last two years and continues to this day. It has begun in Belgium and Holland and will soon increase in those small countries.

It is revolting to think of what the conditions of life in Ceylon would be under German rule, a disaster from which we are saved by the strength of the British Navy. England's stubborn resistance to Germany is Ceylon's protection from the unpleasant and degrading conditions which accompany German rule over small countries. The remoteness from the area of War would be no safeguard if the approaches by sea were not well guarded by the strength of the British Navy. The fight against German domination will be successful and England will be saved; not England alone will be saved; every small country will be saved from the degrading conditions of German rule; let us remember that Ceylon too will be saved from such rule. Ceylon will be saved by England's exertions; Ceylon can help just as all Empire countries through the whole world are helping. We should do all we can to help.

Property Rate for Jaffna Town

A Government Gazette notification states that the Jaffna Urban Council has, under section 173 (1) of the Urban Councils Ordinance, No. 61 of 1938, and with the approval of the Governor given by virtue of the powers vested in him by the said section imposed for the year 1940, a rate of 10 per centum on the annual value of all immovable property within the town of Jaffna payable quarterly on March 31, June 30, September 30, and December 31, respectively.

IN LOVING MEMORY OF BELLA SELVARANEE JOSHUA Born 3rd June, 1931 Died 19th Sept. 1939 "Safe in the arms of Jesus" (Inserted by her loving parents and brothers)

WANTED

Sub-Agents at Manipal Udavi, Chavakachcheri, Tellipalai, Kopay, Kayts, Pt. Pedro, Illaveti, Nallur, Vaddukoddai and other important centres for sarees, silk, cotton, woollen cloths, Rates competitive. Pay 50, T. A. 25. Agent Girtson Knitting Works, Regina Lodge, Main Street, Jaffna.

34-35

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A STUDY Determining precisely the Sources of the Arabian, Hebrew, and Egyptian traditions of the Flood and Creation.

And The Site of the Garden of Eden. by Daniel John M. B.

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Obtainable from: Miss E. Ira Gould, Udavi, Manipal.

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32-35.

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