

SUBSCRIPTION RATES			
PAYABLE IN ADVANCE.			
Town	India	Foreign	
Delivery	India etc.	P.M.S.	
R C R. C. R. C.			
Eng.	6-00	9-00	9-00 Yearly
Ind. &			
Tamil	9-00	12-00	12-00

# THE Hindu Organ.

The Only Newspaper in Ceylon for the Hindus

PUBLISHED EVERY MONDAY AND THURSDAY

Editor: M. S. Eliatamby, Advocate.

Estd. Sept. 11, 1889

VOL. XLVII No. 62.

(Registered as a Newspaper.)

JAFFNA, MONDAY, NOVEMBER 25, 1935.

Phone 56. PRICE 5 CTS.

## YOGA AS CURE FOR DISEASES

### UNEXPLORED POSSIBILITIES

By Capt. A T. Puduval, M.B.C.M., L.R.C.,  
M.R.C.S., M.D., Civil Surgeon, Trichu

WHATEVER other people, professional or lay, may have to say about Yogic culture, I am convinced from what I have seen, read and experienced, that this system of bodily and mental training, holds in it, possibilities, which have not been dreamt of in modern gymnasiums and scientific laboratories. It was a system very familiar to our Aryan ancestors; but several factors have contributed to make it occult or mystical, and so to relegate it to abandon or neglect. Luckily the dust of ages is being swept off several features of ancient Indian culture, and are once again given the chance to test and see for ourselves, how that culture was justifying its existence in the past. Today Yogic training has ceased to be regarded as a phase of Indian Mysticism; for people in Europe and America are beginning to take notice of it.

#### Growing interest in the West

I remember coming across several coteries and associations in Central Europe, when I was in Germany last; and I know several people of culture and education who are deeply interested in the subject. Both in Europe and America, that sceptic and cynical smile which used to be once fashionable when any kind of Indian culture is mentioned, has ceased to prevail at least among the better informed classes. For they have been overwhelmingly brought in contact with strange phenomena exhibited by Yogis and 'Fakirs' in India—phenomena which cannot be explained by the known scientific laws. Perhaps, a more uncompromising set of "Educated Philistines" are found nearer home—in our own country. To the foreigner 'Yogi and Fakir' seem to be interchangeable names. There is, of course, a good deal of fraud practised; but the very existence of fraud adds additional weight to experiments made under control by experts. It is vaguely guessed, often shrewdly suspected, that the secret of several inexplicable phenomena exhibited by certain 'adepts' in India, is to be found in the system of Yogic training which they regularly practise.

#### Yogic Culture and Diseases

The Yogi philosophers have always insisted on a preliminary preparation of bodily and mental purification before starting on Yogic training—'Yama Niyama etc.', for their object was to train up both the body and the mind simultaneously, as to enable man to achieve transcendent results. The Yogic system of physical culture was intended to make the body the fit medium for the higher phases of mental training. They did not want the body to thrust itself too much in process of Yogic training, by calling attention to its little illnesses. They had no abiding interest in a performance that enables a man to exhibit the 'Spectacles of the Ring', nor in lifting a hundred pounds with the teeth. They regarded these shows

as the kindergarten of their culture.

#### The 'Asanas' & their Function

The *Asanas* (Postures) hardly leave any muscle unexercised. Indeed, the Indo-Aryans must have had a more thorough knowledge of anatomy than we are led to believe, from the few shreds of Ayurvedic literature at present existing. Special insistence is laid on the development of special sets of muscles and organs, for those who require them, in certain diseased conditions. Directions are also given to young men and women, so that no harm may result from the practice of these exercises.

Stress is laid on the avoidance of bad habits—over indulgence in the petty vices, and intoxicants of all kinds. In the matter of food, further research may be necessary before we actually condemn what they regard as harmful.

Several instances of cure of chronic diseases are reported from institutions, such as the one in Lonavla, by the practice of Yogic training. When we consider that a good many chronic ailments are due to a vicious cycle—bad habits, want of exercise, want of muscular tone tending to create the pathological craving which still more aggravates the illness—it is not surprising that a new start on the path of health, discipline, should effect astonishing cures.

#### 'Pranayama' & its Effect

The physical exercises are followed by a system of *Pranayama* or breath-control. Most of our bodily training, whether in educational institutions or gymnasiums, start and end with the body. We seem to be under the impression that eighteen inches around the upper arm, or 30 ft. clearance in a long jump is an end in itself and a proof of bodily well-being. No scientific man in modern days is deluded into the belief that a performer possessing these qualities need necessarily be healthy. It is absurd to think that physical exercises is the royal road to health, and muscular development, the index to it. To the 'adept', control of the voluntary muscles was a mere child's play, and mere proficiency in it as liable to make a man mentally liable as a child. He wanted to get control over what modern physiologists call the autonomic system of nervous—the nerve ganglia that preside over the vital functions of the human body. And in casting about a method to bring this system under control, they first started to tackle that nervous mechanism which is partly voluntary, and mostly involuntary—the Respiratory System. Hence arose *Pranayama* or control of breath. The benefits of systematic deep breathing are only beginning to be recognised in the West. When I was in Germany last, I used to see the German Surgeons insist on their patients to practice deep breathing before and after operations on the abdomen. They say it increases vital resistance and shortens convalescence. The ancient Indo-Aryans have their own elaborate system of 'breathing exercises' whose effects are partly physical, but mainly psychical.

#### Effect of Deep Breathing

One of the effects of 'deep breath-

## Doctors on Waiting List

PERMANENT APPOINTMENTS FOR 33

### State Council's Decision

The immediate permanent employment of 33 doctors who have been acting in various capacities in the Medical Department since 1930 is sought by a motion which was accepted in the State Council last Thursday.

The House debated on a motion of Mr. G. E. de Silva (Kandy) and a report on it by the Executive Committee of Health.

Mr. de Silva's motion was that all doctors who have been on the Waiting List between 1927 and 1930 and who have been acting on temporary duty under the Ceylon Medical Department, except those who did not respond to the notice of the Director of Medical and Sanitary Services for an interview, should be given permanent employment, before other doctors, who have qualified after the abolition of the Waiting List, are employed, and until this matter is decided by the State Council no new appointments should be made out of those who have passed their examinations after the Waiting List was abolished.

ing' is to produce a feeling of mental calmness, and freedom from nervousness. Anybody who is normally nervous before an interview, or in the examination hall, can try the effect of a few minutes' regulated deep breath and prove the effect for himself. Its second and more important effect is the facility for concentration. I know of no form of exercise or procedure that gives a man such a control over concentration, and the elimination of a crowd of disturbing forms and thoughts that fleet through the mind. The Yogic contention is that *Pranayama* or discipline by breath control, not only gives one the fundamental grip over processes on which we have at present no control, but leads one to *Siddhis* or physical and mental achievements of a very high order, of which we have hardly any idea in our usual life processes. I do not think that this claim can be entirely ignored. I myself have personal acquaintance with people, who are none the worse for one respiration in four minutes; who can send their pulse beating in ascending order until it becomes uncountable, or lower it down to 20 or 30 beats a minute. Some of these people can do some really wonderful tricks with their bodily functions, which go to prove that the "involuntary nervous system" can by training, be brought under the will. And *Pranayama* leads one to these achievements.

But to the frankly and often brutally sceptic—who is usually the quasi-scientist, the most dangerous form of scientist existing—these doctrines will not be agreeable. A good deal of this disagreeableness arises from the fact that he is generally submerged in the pleasures of the senses, and would rather be dogmatic about the comforts of sense-slavery, than willing to test the supersensuous phenomena by experiments. He would rather stick to his glass of whisky that first knocks off the finer centres of the cerebral cortex, than conceive of the possibility of there being any finer than the whisky sensation. But the Yogic culture, as I have already hinted, aims at achieving transcendent powers—powers that would enable a man to live in this world at the highest pitch,

(Continued on page 3)

## Familiar Talks on Hinduism

### The Doctrine of Karma

By N. Narayanan B.A. B.L.

(Special to the "Hindu Organ")

MODERN psychologists enunciate two propositions which are the converse of each other. These propositions are: (i) There is no impression without an expression; (ii) there is no expression without an impression. The two propositions may be expanded thus:—a man wishes for something, he thinks about it, and he tries to get it. This is some impression in the mind trying to express itself in physical action. Similarly, while a man is doing a thing physically, he thinks about it and he feels some way or other for it. Here is expression leaving its trace on the mind, the trace being the impression. In this way expression and impression go on acting and re-acting on each other and thus account for the vicissitudes of earthly existence. It is this phenomenon which is called Karma in Hindu philosophy.

What we have stated above in terms of modern psychology applies only to a single life. Generally speaking, modern psychology has not attempted to get beyond the stage of worldly life. The doctrine of Karma, however, relates to whole series of lives covering many ages. We have done something in a past life: we reap the result of that partly in that life itself, partly in the life which followed it in another world, and partly in this our present life in this world. The Karma that we did is not wholly exhausted in the previous life and in the life after death which followed it; part of it clings on to our soul and follows it into this life. This Karma-sesha, or remnants of Karma, as it is called, takes the form of what are known as tendencies and, in a way, governs our life in this birth. The same rule affects all the Karmas which we perform in this birth, and so it goes on from birth to birth. Thus we can easily see that, just as the cycle of births and deaths is endless, so also is the cycle of Karma endless.

Karma is divided into three kinds, namely, *Sanchita* or what is collected in the past, *Prarabdh* or what is begun, and *Agamin* or what is to come. It may be that we commenced an act and completed its performance in a past life, and we have reaped the fruits of it more or less fully before taking this birth. This is called *Sanchita* Karma. Secondly, we may have commenced a Karma in our previous birth and we may have died before completing it. This is called *Prarabdh*. These two things are fairly simple. The difficulty arises with regard to the third, that is, *Agamin*. Why should future action have anything to do with present life? The answer is: our future action will be moulded more or less by what we feel and what we think at present. These three kinds of action, therefore, are closely connected links in the same chain, which may be called the chain of causation. The fruits of some actions are reaped to our own knowledge. For instance, a man

commits a theft, is brought before a magistrate and punished. The fruits of some other actions done in this birth are reaped in this very birth, though we may not always be conscious of it. The fruits of other actions, again, which were performed in the last birth are reaped by us in this birth without our being conscious of it. Lastly, the fruits of an action committed by us in a previous birth may be reaped by us several births hence.

But, whether committed in this birth or another, whether committed voluntarily or not, every action is bound to yield its fruit. A child puts its finger quite innocently into the fire: the fire burns it all the same. A man drinks nectar without knowing what it is: it makes him immortal all the same. Therefore, whether we do good or evil, we reap as we sow.

The law of Karma, though apparently inflexible, is subject to a few limitations. For instance, the effect of one Karma can be modified or cancelled by the performance of another Karma. This Karma may be what is called *Prayaschitta*, which is very significantly expressed by the Tamil word 'செய்யுறு', which means something which enables men to 'wash out' the effects of their sins. But this washing out applies only to sins which have been ignorantly or involuntarily committed.

There is no expiation for sins deliberately committed. The expiation may be simply the performance of certain rites and ceremonies to please some minor gods or other beings of that type: or it may consist of what are called works, i.e., the construction of water-shed, rest-houses, sheds for cattle and so on: or, finally, it may consist of some special acts of worship offered to the one great God by whatever name He may be called. But, whatever it is, expiation is confined, in effect, to one evil, and, in time, to a short period. The only thing which can modify or annul the evils of a wicked life generally is the will of God. Karma is called God's 'செய்யுறு' i.e. a command; and he who has the power of issuing a command has also got the power of modifying it, or revoking it, or countermanding it.

From a consideration of the various points considered above two consequences result, namely:—

- That, as far as possible, we must do good and avoid evil, and
- that we must always be trying to enlist the goodwill of God on our side. Though, for the purposes of argument, I have referred to these consequences as two, yet we shall see before long that, in fact, they are one.



## Notice

IN THE DISTRICT COURT OF JAFFNA  
Testamentary Jurisdiction No. 5870  
In the matter of the estate of the late  
Bajananand Mathan Lall of Jaffna Deceased.  
NOTICE is hereby given that a statement  
of dividends payable to the surviving creditors  
of the estate of the late Bajananand Mathan  
Lall of Jaffna can be inspected by the surviving  
creditors at the office of the District Court  
of Jaffna and that payment of dividends as  
shown therein will be made to the said credi-  
tors in accordance with that statement after  
the 30th day of December 1935 unless suffi-  
cient cause is shown to the contrary on or be-  
fore the said date.  
This 22nd day of November, 1935.  
By order of Court  
Sgd. C. Canapathipillai,  
Secretary, District Court, Jaffna,  
(O. 96. 25-11-35)

## Notice

At the request of several  
friends and clients have decided  
to visit Jaffna, once a month.  
The day and period of  
stay will be published in the  
local paper.

S. IMAI,  
Japanese Dentist.

"Holy Well"  
19, Galle Road,  
Colpetty.  
(Miss. 209. 25 11-35)

## Sale of Market Rents, 1936

Notice is hereby given that sealed tenders  
will be received by the Chairman, Sanitary  
Board, Jaffna, at the Jaffna Kachcheri up to  
12 noon on Tuesday the 3rd December, 1935  
for the purchase of the following rents for  
the year 1936.

Point Pedro Market (including the fish  
market, gala and bus stand, but excluding  
the 13 permanent stalls. The extent of the  
above gala & bus stand is 1½ lachchams.)  
Valvettilai Market (including fish  
market, gala and bus stand.)

Kayts Market (including fish market, but  
excluding the shop rooms.)

2. Tenders are to be made upon forms  
which will be supplied upon a deposit of  
Rs. 10/- for each form at this office.

3. Separate tenders should be made for  
the several rents shown above. Figures  
should be given separately for vegetable  
market, fish market, gala and busstands.

4. Tenders can be handed in personally  
or sent by post, but no tender received after  
the day and hour mentioned will be  
considered.

5. The successful tenderer will be required  
to deposit one-fourth of the purchase amount  
in each security immediately of the acceptance  
of his tender.

6. Rents for which satisfactory tenders  
are not received will be put up to auction  
after opening of the tenders on the same day  
for which tenders are called for, and the  
same conditions as to deposit of security as  
in the case of successful tenderer shall apply.

7. The Chairman, Sanitary Board, re-  
serves to himself the right without question  
of rejecting any or all of the tenders and any  
or all of the bids at the auction.

8. The purchaser of the market rents for  
Point Pedro and Kayts shall pay in advance  
Rs. 40/- for maintenance of lamps in each of  
the markets.

9. Tenderers should note that no jute hes-  
sian or other screens or awnings or tagarams  
or any other kind of coverings will be  
allowed to be hung from the trees near the  
roads.

10. The successful tenderer will have to pay  
notarial fees for executing the lease.

11. The Chairman may in his discretion  
grant the market rent to the highest bidder  
in any case reserving the bus stand and gala  
rents.

12. For further particulars apply to the  
Sanitary Board Office, Jaffna.

J. P. KANTHYAH  
for Chairman, S. B., Jaffna.  
Sanitary Board Office,  
Jaffna, 18th Novr. 1935.

(G. 50. 25-11-35.)



## Hindu Organ.

MONDAY, NOVEMBER 25, 1935.

## NEED FOR FLOOD OUTLETS.

THE HEAVY RAINS OF THE PAST  
week have caused widespread  
havoc in the district. The  
rainfall has been no doubt high,  
but none too high to be deemed  
exceptional. The absence of  
suitable flood outlets, however,  
has heightened the difficulties of  
poor families which built their  
huts or raised plantations on  
areas exposed to floods. After  
the rains cease, the swamps and  
puddles caused by undrained rain-  
water will become congenial  
breeding places of the type  
of diseases that invariably  
breaks out after the season-  
al rains. In any scheme

for the improvement of the health  
of the Town the provision of suit-  
able flood outlets should find a  
place in the forefront. The ab-  
sence of proper drainage has  
been repeatedly held to be  
one of the potent causes for  
the low level of health con-  
ditions in the Town. The Town  
authorities, we trust, will not  
ignore the problem of a drainage  
scheme for the Town but will  
take up the question with the  
appropriate Ministry and ensure  
the people immunity from danger  
to health arising from stagnant  
rain-water. It is unfortunate  
that the question has been de-  
layed so long. Every effort at  
securing better health conditions  
is bound to prove ineffectual in  
the absence of a system of flood  
drainage for the whole town.  
While the need for a drainage  
scheme for the town cannot be  
over emphasised we cannot  
overlook the urgency of the pro-  
blem of improving the flood outlets  
in rural areas. Widespread  
damage has been caused in the  
district by the heavy downpour  
last week. Men, women and child-  
ren have suffered immense hard-  
ship in battling against the  
damage and devastation follow-  
ing in the wake of heavy rains.  
The worst is yet to come. When  
the floods abate and the fever  
season sets in, the villager will  
be hard put to it to maintain  
himself and his family in normal  
efficiency. In many cases, plan-  
tations have been washed away  
and much damage has been done  
to poor families. This almost  
annually recurrent misfortune  
must be effectively prevented.

The constant and permanent  
factor which is responsible for  
the deterioration in health of the  
village population is the lack of  
suitable flood outlets. Once this  
is effectively solved the problem  
of improving the health condi-  
tions of the people will present  
no difficulties whatever. The  
average villager is clean in his  
habits, he cannot afford to  
over-eat, he works hard in the  
open air and is not addicted  
to the vices of "civilisation." He  
keeps his house clean and in so  
far as his means would permit,  
does his best to maintain himself  
and his family in efficiency and  
health. Loss in health and effi-  
ciency the villager knows only  
too well is bound to react on his  
capacity to earn his living and he  
takes good care to keep himself-  
fit. There are ways in which he  
may be made to improve his  
conditions. And even this work  
will not entail much hardship,  
seeing that the villager is not too  
ignorant or idle to respond to  
propaganda. He is powerless in  
regard to the problem of draining  
off the rain water from his dwell-  
ing land or his patch of garden.  
He has to reckon with  
powerful neighbours whose might  
often passes for justice. The  
growth of a wider commu-  
nity spirit might be depended  
upon to inculcate the necessity  
for a give-and-take policy among  
villagers in their mutual relations  
including the draining off of  
surplus rain water. But the vil-  
lagers cannot be expected to  
realise the danger arising from  
stagnant water and still less to  
rid their village of the potential  
sources of disease. It is up to  
the Central Government to devise  
a workable scheme and secure  
the assistance of Local Bodies to  
put it through. It is a well  
known fact that till some decades  
ago, the water channels in the  
district were in perfect order and  
damage by floods was practically  
unknown. These channels have  
since been neglected, silted up or  
built upon. A survey of these

channels should be followed by  
measures to clear them of ob-  
structions and render them free to  
carry the surplus rain water to  
the sea. Having reclaimed the  
channels the duty of maintaining  
them free from future obstruc-  
tions should be vested in Local  
Bodies.

It was a humane thought of  
rational man that felt the  
necessity to legis-  
late against cruelty  
to his inarticulate  
brother, the animal.

Though some civilised people  
consider it proper to kill animals  
and to eat the carcass, yet even  
they have felt that in the pro-  
cess of slaughter, as little  
suffering as possible should be  
caused to the victim. Cruelty to  
animals is thus looked upon  
with abhorrence even by meat  
eating nations. More so, is  
it with peoples who by tradition  
and custom abstain from killing  
animals for food. It is thus a  
feeling of compassion for an ani-  
mal subjected to cruel treatment  
that has led to the framing of  
laws against cruelty to animals.  
There are various forms of cruel-  
ty ranging in gravity from  
callous treatment to wilful torture.  
Recognising, therefore, as the  
law does, the principle that  
animals are as much entitled to  
protection by the State, from  
cruelty, as human beings are, it  
is the duty of those who adminis-  
ter justice to take a serious view  
of cases of cruelty to animals and  
mete out punishment to fit the  
gravity of the offence. In a  
recent case in the Jaffna Police  
Court in which a Pirampattai  
man was charged with using a  
bull with a gaping sore on its  
neck, the accused got away with  
a fine of Rs. 5/-. In similar cases  
in Colombo and elsewhere fines  
ranging from Rs. 50 to Rs. 100  
have been imposed. In the  
case under notice, despite the  
prosecuting Inspector's plea for  
deterrent punishment, the Magis-  
trate seems to have taken a  
lenient view of the offence. We  
do not wish to seem to question  
the Magistrate's exercise of his  
discretion to fit the punishment  
to the offence; but in this par-  
ticular case we are inclined to  
think that the Magistrate erred  
on the side of leniency to man.  
We trust the learned Magistrate,  
who, we understand, takes a  
serious view of the increase of  
crime in Jaffna, will not fail to  
impress on those who choose to  
be callous to the sufferings of  
animals that they cannot get off  
cheap.

The figures appearing in an-  
other column to-day should con-  
vince our  
readers of the  
unfair tactics  
employed by  
the opponents  
of the Society to oust it from the  
Travancore market. The fact  
that its rivals have been forced  
to resort to undercutting to secure  
their position in the market is  
testimony enough to the suc-  
cess achieved by the Society  
during the year or so of its  
existence. We trust the Society  
will not retaliate by lowering its  
price but continue to keep up the  
prestige it has already won. The  
Society can well afford to ignore  
the frantic efforts of its rivals to  
hold the ground which is steadily  
slipping under their feet. Competi-  
tion in price cutting is ultimately  
bound to affect the producer.  
Realising this truth, we trust the  
Society will give its rivals a long  
rope to hang themselves with.

## To the Electors of the Northern Constituencies

By Scrutator

"Drums and battle-cries

Go out in music of the morn-  
ing star  
And soon we shall have leaders in  
the place  
Of pretenders, each found able as  
a man  
To strike electric influence through  
the race".

You all know His Excellency the  
Governor has decreed that the State  
Council shall be dissolved on Decem-  
ber 7, 1935. This announcement  
will have come to you as a relief and  
solace, for the antics of the State  
Council during the whole course of  
its career have almost reached the  
nadir of ineptitude and induration.

The unholy lust of power the  
Council has displayed by prolong-  
ing its allotted span of life, its jerky  
tinkering with vital questions of public  
welfare and its deliberate disregard of  
public opinion have all burnt them-  
selves into your consciousness.

You have all keenly felt, but felt  
helplessly, that the interests of the  
Tamil areas were not adequately re-  
presented and where one or two of  
our spokesmen strove hard, the dead-  
set of the Sinhalese majority render-  
ed their efforts null and ungatory.

And you have all watched with  
dismay the frantic efforts of some of  
the Sinhalese members to consoli-  
date, and further strengthen, the  
unbalanced distribution of power  
they have come by, by their Memo-  
randum of Reforms to the Secretary  
of State for the Colonies and by the  
personal interview of their archangel  
with him.

During the major period of the  
Council Jaffna interests suffered by  
default, our own fault, and in the  
closing stage by ineffective repre-  
sentation save and except in the  
case of a member or two,—as I re-  
marked above, again our own fault  
in sending into the Council not men  
of proven worth—but adventurers of  
doubtful ability and dark motives.

You will no doubt say that it is  
useless weeping over spilt milk and  
I quite agree. But it behoves us to  
profit by the past blunder, and even  
repair the past damages, by return-  
ing to the next Council the best  
men we could think of.

The next elections may take place  
some time during the last week of  
February or the first week of March  
1936. I have spent some time in  
going round and consulting persons  
in various constituencies and there  
is almost a consensus of opinion  
with regard to the list of candidates  
I submit for your thought and  
action. These names are almost in  
the lips of everybody.

For the Jaffna Town seat can we  
think of a better personality than  
Mr. H. A. P. Sundaresagara? H. A.  
P. S. is almost an institution among  
the Tamils. Of him may be said in  
the words of the poet,  
"Out comes a speaker from

the crowd  
To speak for all in sleek and proud  
Exordial periods."

He is a man of the people high in  
attainments and sociable with the  
least; a fearless advocate whose ser-  
vices the Tamils can ill spare.

For the Kayts seat the name of  
Mr. W. Duraiswamy would natu-  
rally rise. A man of proven integrity,  
of dignified decorum but easily  
accessible to one and all, of  
experience in and out of the legisla-  
tive chamber, Mr. Duraiswamy  
enjoys a reputation among all races  
in Ceylon for the candour and vigour  
of his views.

Mr. K. Balasingham for Point  
Pedro is the man. His range of  
knowledge and his unassuming affi-  
nity with the ordinary man of the  
country place him in a unique posi-  
tion in the public life of Ceylon.

For Kankesanur Dr. Isaac  
Tambiah would be ideal if he could  
be induced to enter the list. Mr.  
Natesan may be induced to stand

## NEW SECRETARY FOR COLONIES

Mr. J. H. Thomas: Mr.  
Malcolm Mac Donald  
Secretary for Dominions

Mr. J. H. Thomas, formerly  
Secretary for the Dominions has  
been appointed Secretary for the  
Colonies in the new cabinet formed  
by Mr. Baldwin, after the recent  
general elections.

Mr. Malcolm Mac Donald, for-  
merly Secretary for the Colonies,  
who was defeated at the General  
Elections, has been appointed Secre-  
tary for the Dominions.

Means for a seat in Parliament will  
be found for Malcolm Mac Donald,  
who will possibly be put up for the  
combined Scottish Universities by-  
election.

## MALAYALAM TOBACCO SALES

## Comparative Price Figures of Rival Firms

The following comparative figures  
show the prices for different grades  
of tobacco quoted by the Jaffna  
Malayalam Tobacco Co-operative  
Sales Society and the firm of P. K. N.  
at Travancore.

The figures speak for themselves  
and show the keen competition now  
launched by the rivals to undercut  
the Society.

## Market Rates.

Quality.	Society's Sale Price	P. K. N.'s Sale Price
	Rs.	Rs.
"8"	545	525
"10"	515	495
"12"	480	465
"14"	455	445
"17"	420	400
"18"	395	375
"19"	370	355
"20"	345	325
"O20"	320	305
"P & P17"	310	295

down in his favour. If Dr. Tam-  
byah cannot be induced to come  
forth, Mr. Natesan may continue.  
He is a typical, cultured Tamil  
gentleman who has given a fairly  
good account of himself during the  
short period he has been in the  
Council.

Mannar seat is best given to Mr.  
G. G. Ponnampalam whom I would  
gladly assign to Point Pedro if Mr.  
Balasingham were not there. In  
course of time, when Mr. Balasingham  
retires, Mr. Ponnampalam will have  
the undisputed right there. He has  
won his spurs in the short time in  
Council. As years go by he will shape  
into decent form. He has knowledge  
and the gift of the gab which few  
others in Ceylon excel him in. Man-  
nar should be lucky to secure his  
services.

These men in the State Council  
chaperoning the cause of the North-  
ern Province will be match to ten  
times their number. Now that the  
next Council will tackle the question  
of further reform it is absolutely nec-  
essary for the Tamils to return these  
men than whom no better selection  
could be made.

Electors, one more point and I have  
done for the present. To make sure  
of the return of these men you and I  
should work to avoid a contest in all  
the fields. It is unwise to encourage  
others and thereby put them to a lot  
of expense and worry.

It is best done by organising a  
movement in all the constituencies to  
talk to voters as to the desirability of  
avoiding contest whereby alone we  
could make sure of the return of these  
five men.

Young men of education and orga-  
nising capacity owe it to themselves  
and to their country to take this  
matter up.

I hope I shall in my next address  
take you into a scheme of work for  
the object of returning these men who  
will, I trust, be your own choice as  
well.



# The "Rot" in the "Incorrigible"

By Rate-payer

"While other dogs in "thymy dew"  
Snarled to the master's tune,  
Of this dog it shall be said  
That it uttered the authentic note  
Of the master's voice."

The Urban District Council of Jaffna is the cynosure of all eyes, not so much for the administrative bungling it has specialised in for some considerable time as for the stolidity it displays in reaction to public criticism. We can understand the bungling, for when inexperienced men all the world over get transixed in positions of responsibility they are liable to error and the liability to err is the greater in the case of men who are not only inexperienced but of whose outfit a civic sense of things forms no part; but what we cannot understand and what leaves us perplexed, is their stupid whining to sensible comment on their actions, comment which any civic body ought to gladly accept and be guided by. When a member scratched his devoted head for the remark that all criticism was out of malice for the Chairman he made an exhibition of the faithful domestic animal which seems to have more brains at the tail-tip than in the head. Who has malice towards the master of this man? Why should any man have any malice towards the Chairman? Why didn't the Chairman's "faithful" catch upon definite pieces of criticism and prove them to have risen out of malice? But he made his "wag" for the master border on the ludicrous when he began talking of a newspaper not reflecting public opinion. Here is a man who on his own showing does not understand the a, b, c of civics, who as a representative of a ward of rate-payers does not know what public opinion is and who in denying a newspaper its function, has not cared to tell the world what he considers public opinion and by what means such opinion is assessed. The Chairman of the U. D. C., Jaffna, may not have diligently exercised control and supervision, for he may have trusted in the ability and the honesty of his officers but he has let himself down miserably by permitting his "faithful" to "wag" nonsense. Village and Town Councils are the training ground for higher administrative work. We can now understand the "rot" in leadership in the country for we don't get the right type of men to serve in the local councils. Let the rate-payers of Jaffna town wake up to the situation.

## A Nursery Rhyme

The Press

This extract may be sung as a nursery rhyme to put to sleep refractory U. D. C. boys:

"The Pope may launch  
his interdict,  
The Council its decree,  
But the bubble is burst and  
the bubble is pricked  
By as and such as We.  
Remember the battle and  
stand aside,  
While thrones and powers  
confess  
The King over all the  
children of pride,  
Is the Press, the Press,  
the Press!!!"

The tune for this is the tune of which the old cow died. I recommend this to be sung in parts by Messrs Patanjali and Abubukker.  
C. I.D.

## LETTER TO THE EDITOR

JAFFNA SCHOOLS  
SOCCER TEAM

Sir,—I shall thank you to allow me a few lines to throw out some suggestions to the Selection Committee, Jaffna Schools Sports Association.

Though not an authority, I have plenty of experience having had the privilege of playing some years in first division soccer matches in the Malay States where the standard of Association Football is much superior to that of Ceylon or Indian Football. I have witnessed almost all the matches of the intercollegiate competition and have judged for myself who the best players are this year.

If a real representative Jaffna Schools Team is to be sent to Colombo I would suggest the following players who in my opinion will constitute a truly strong eleven.

Goal: *Pararajasingham of St. Henry's*. A product of Malaya noted for his physique, courage and soundness.

Backs: (a) *Seevaretnam of Jaffna Central*. A very cool player who can receive any ball from any angle. (b) *Flavian of St. Henry's*. Hefty clearances and timely tackling. Wing Halves (a) *Both of Jaffna College*. An untiring pair who know how to disturb any organised attack and how to feed their forwards. (b) Centre Half: I am inclined towards the *Jaffna Central Half* although he was seen limping in the last match. A fellow with plenty of stamina who knows his business.

Right Winger: (a) *Dionysius of St. Patrick's*. Noted for his speed, dribbling and clever centering. Champion athlete of Jaffna. (b) Inside Right: *Ambalavanar of St. John's*. A stylish and neat player with sound tactics. (c) Centre Forward: *Hunt of Jaffna College*. A sturdy young fellow who has thrilled Jaffna. Uses his opportunities to fruition. (d) Inside Left: *Ariaretnam of Hartley*. Known for his keen judgment, positional play and "good shots." The only player who deserves a place in a representative Jaffna side. (e) Left Winger: *Of Parameshwara College*. A Trojan in the field though no style about him.

Thanking you.

Main Street, Yours etc.  
Jaffna, 20-11-35. N. JAMES.

## INTER-COLLEGIATE FOOTBALL

### Jaffna College Wins Championship

The most exciting match of the Inter Collegiate football this season—the championship match—was witnessed on Saturday by a record crowd when Jaffna College defeated Parameshwara College by 4 goals to 3, and won the Championship for the second time in succession.

The ground was soft due to the heavy rains but a brisk game was witnessed. Within five minutes of the kick-off, Jaffna netted their first goal, and another fifteen minutes the lead was 3—0.

The second half was full of thrills. Parameshwara fought hard and within a minute or two of the resumption scored their first goal, but Jaffna at once replied with another.

The final ten minutes saw Parameshwara in great fighting form and not two more goals to reduce the lead to 4—3. Excitement rose high. Anything might now have happened: one more goal for Parameshwara might have altered the whole complexion of the game. Of the Parameshwara forwards young Tharmaratnam earned much applause for the excellent fight he put up. Mr. R. Rajaratnam refereed.

## NEWS IN BRIEF

**Acting Addl District Judge:**—Mr. K. Kanagasabai will act as Additional District Judge, and Additional Police Magistrate, Jaffna, during the absence of Mr. S. Rodrigo from November 28 to December 11.

**Town Hall For Jaffna:**—Estimates for the proposed Town Hall were considered at the last monthly meeting of the Jaffna U. D. C. and approved. The Chairman was authorised to call for tenders.

**Vital Statistics for U. D. C's:**—The Urban District Councils are in future to be provided with full vital statistics annually by the Registrar General's Department, subject to the payment of Rs. 10/ by each Council.

**Girls' Hindu English School, Wellawatte.**—The Saiva Mangaiyar Girls' English School at Wellawatte under the management of Mrs. K. Sathasivam has been registered as a grant-in-aid school with effect from October 1934.

**J. S. S. A. Grounds.**—The Jaffna Urban District Council has decided at its last meeting to ask the Jaffna Schools Sports Association to remove the cadjan fence round the grounds after this year's meet was over or to put up a barbed wire fencing.

**Oriental Music Day in Jaffna:**—An Oriental Music Day has been organised by the North Ceylon Oriental Music Society, and will come off on Saturday, the 30th instant at 6 p. m. at the St. John's College Hall, Jaffna. Selected musicians will exhibit their talents. Twenty-one items, vocal and instrumental, have been arranged.

**Free Medical Treatment:**—The Executive Committee of Health, it is learned, has recommended that all persons earning less than Rs. 200 a month be given free treatment both in Government outdoor dispensaries and in hospitals, including indoor treatment. At present only persons with an income below Rs. 83 a month are entitled to free medical treatment at outdoor dispensaries.

## Notice

To all to whom this may concern. We V. S. Veluppillai, Overseer, and wife Meenadhipillai of Hospital Road, Jaffna, do hereby make known that we executed a dowry deed in favour of our daughter Sivapakkiam and her husband Muttucumaru Selvadurai, the undermentioned pieces of lands on certain verbal conditions and that all are warned against accepting any right title or interest created in respect of any of these properties or to execute any deeds thereof.

1. Angutuwan, Hospital Road.
2. Perivalavu, Chundiculy, Pandianthallu.

In the event of any of the above mentioned lands being in any way encumbered or disposed prior to this notice, the parties concerned are requested to communicate with the undersigned forthwith.

V. S. VELUPPILLAI.  
17-11-35.  
(Mis 201. 18-11 to 2-12-35.) (M)

## Order Nisi

IN THE DISTRICT COURT OF JAFFNA.  
Testamentary Jurisdiction No. 14.

In the matter of the estate of the late Nagammah wife of Namasiyavam Kandiah of Vadukoddai West.

Deceased.  
Arunachalam Namasiyavam of Vadukoddai West. Petitioner.

1. Kandiah Sivasubramaniam of do.
2. Namasiyavam Kandiah of do.

(The 1st respondent is a minor appearing by his guardian-ad-litem the 2nd respondent) Respondents.  
This matter of the petition of the Petitioner coming on for disposal before C. Cumaraswamy Esqr. District Judge Jaffna on the 21st day of June 1935 in the presence of Mr. V. Nagalingam Proctor on the part of the petitioner and the affidavit and petition of the petitioner having been read, it is ordered that Letters of administration be granted to the petitioner to the estate of the above-named deceased unless the said respondents shall appear before this court on or before the 19th day July 1935 and show cause to the satisfaction of this court to the contrary.

This 23rd day of June 1935  
Sgd. C. Cumaraswamy  
District Judge.  
Extended to 28-11-35.  
(Q. 94. 21 & 25-11-35.)

## CRUEL TREATMENT TO BULLS

### Inspector's Appeal To The Magistrate Fails

A fine of Rs. 5/- was imposed by Mr. K. Alvaipillai, Police Magistrate, Mallakam on a man named M. Vythialingam of Pirampathai, Changanai East on pleading guilty to a charge of having on November 10th used a bull with a gaping sore on its neck in a "Chekku" when the animal was unfit for such work.

Inspector T. S. Durairajah, of the S. P. C. A. who prosecuted pressed for deterrent punishment saying that bulls were often tied to a "Chekku" from morning till evening and the S. P. C. A. found it difficult to raid those places, because they had to get Police assistance. The Inspector further stated and produced some paper cuttings in support of his statements, that cases of similar type were treated very severely in the other Police Courts of the Island, and there had been instances where accused had been sent to jail or fined heavily, amounts varying from Rs. 50/ to 100/. The magistrate imposed above fine.

Another man named Selvadurai of Pirampathai was ordered to pay a fine of 5/ for having used a bull with a sore on its neck in a chekku when unfit for use.

## YOGA AS CURE FOR DISEASES

(Continued from page 1)

making provision all the time, for the grand destiny of development that is possible for him in the future.

For the Yogic philosopher says, that most people live and die in the margin of their possibilities. Educational institutions do not tap the higher resources of the human organism. There is an idea prevalent among the 'civilized classes' in our country that these mystical Yogis, as William Archer says, "spend all their time sitting on their haunches and meditating upon their navel." This is a false notion. It is true that the strict discipline demanded by the Yogis does not allow its disciples to make it a law of life to eat up one another when they get a chance. For the higher powers of the body or mind cannot be obtained without strict observance of a great moral law. The Yogis are a system of training inculcated in a big man, but to evolve a good man, not to create a great excitement but to create a great thought. The genius and the tradition of the race that evolved the system ought to be taken into consideration; for their aim in the process of living was to create a race of men who are strong physically and mentally, but capable of exerting such control over the pettiness of everyday life, that they could easily tower over their weakness and assume gigantic proportions of intellectual and moral greatness.

## TOBACCO MANURING

THE LARGEST CROPS AND BEST QUALITY LEAF ARE OBTAINABLE ONLY

BY JUDICIOUS MANURING

The Correct use of C. C. C. Tobacco Manure Mixtures

WILL GIVE  
THE MOST HIGHLY PROFITABLE RESULTS  
For full Particulars and free advice write to:—  
COLOMBO COMMERCIAL CO. LTD.  
COLOMBO.

(H. 200. 13-11-35 to 12-5-36.) (M)

## THE NADDU PORUL APIVIRUTHI LIMITED.

Capital Authorised Rs. 30,000.

DIVIDED INTO 300 SHARES OF RS. 100/- EACH PAYABLE IN TEN MONTHLY INSTALMENTS OF RS. 10/- EACH

Payment in full on application will entitle applicant for a Discount of 5%

Immediate Object:—

Cultivation of paddy under Karachi Irrigation Scheme.

Work Progressing—Large Dividend  
Excellent Prospects

For shares apply to:—

V. Somasundram, Secretary, Thirunelvely, Jaffna  
S. Kandiah, Manager of Schools, Kanderodai  
V. Muttukumaru M. A., Nallore, Jaffna.

Promoters:—

Dr. S. Subramaniam, Retired Provincial Surgeon  
R. R. Nalliah Esq. J. P., Chairman, U. D. C.  
C. Muttuvelu Esq. J. P., Chairman, V. C., Kokuvil  
K. Thambipillai Esq. Manager of Schools, Kankasanturai  
A. Manicam Esq., Science Master, Skandavarothaya College, Kanderodai.

(H. 192. 6/11/35 to 5/5/36.) (M)

## The Thirunelvely Ottumai Nithi Ltd.

BANKERS

INCORPORATED IN 1933.

Authorised Capital Rs. 500,000-00

25 Cts a Share Monthly for 80 Months

will entitle for Rs. 25 and Dividend

ESTABLISHED

Stores and Banking at Thirunelveli

District Stores to be Opened Everywhere on Application

OBJECTS:— (1) To make Capital for Rich & Poor alike

(2) To provide Employment

(3) To revive possible industries

Encourage Everything National For there rests Our Salvation

Loans granted on easy terms.

Deposits received on high rates of interest

8% pa FOR FIXED DEPOSITS

7% ENDOWMENT "

5% SAVING "

3% CURRENT "

Hand-made thread and industrial products will be accepted for share subscriptions

Apply for Shares etc to:

V. SOMASUNDRAM  
Manager.

Y. 180. 1-11-35—31-10-36 (M)



# GANI BHAI STORES

(PROPRIETORS: ABDUL GANI ABDUL RAHIMAN)

## Wholesale & Retail Piece-Goods Merchant

TO LADIES AND GENTS:-

Fashionable Sarees, Silk & Cotton, Exquisite Workmanship and design, a fine selection of Lace and other items: Silk and Cotton Dhoties & Shawls & a Variety of Shirting and other Pieces.

We have imported a large variety of gents' and ladies' ware from India, Japan and England to suit the tastes of even the fastidious.

A visit to our Stores will convince you of the Excellent quality, and the comparatively cheap price we offer to our Customers.

Try us once & You will always want to make Your purchases at the GANI BHAI STORES

GRAND BAZAAR, JAFFNA.

(Q. 172. 13-10 to 12-1-36.)

### Order Nisi

IN THE DISTRICT COURT OF JAFFNA.

Testamentary Jurisdiction No. 169.

In the Matter of the Estate of the late Ramanathar Vythilingam of Manipay

Deceased.  
(1) Swaminathar Sinnatamby and  
(2) wife Sinnatangam of Manipay  
Petitioners.

Vs.

(1) Chellamma widow of Rasiyah of Manipay  
(2) Ramanathar Murugesu of Talang Road, Kuala Kangsar.  
(3) Ramanathar Thambimuttu of Ipoh

Respondents.

This matter of the Petition of the abovenamed Petitioners praying for Letters of Administration to the estate of the abovenamed deceased coming on for disposal before S. Rodrigo Esquire, District Judge, on the 5th day of September 1935 in the presence of Mr. M. Vythilingam, Proctor on the part of the Petitioners and the affidavit of the Petitioners dated the 5th day of September 1935 having been read, it is declared that the 2nd Petitioner is a lawful heir of the said intestate and is entitled to have Letters of Administration to the estate of said intestate issued to them unless the Respondents or any other person shall, on or before the 28th day of November 1935 show sufficient cause to the satisfaction of this Court to the contrary.

Signed this 5th day of September 1935  
(Sgd.) S. Rodrigo,  
District Judge.

(O. 95. 21 & 25-11-35.)

### Order Nisi

IN THE DISTRICT COURT OF JAFFNA  
Testamentary Jurisdiction No. 130.

In the matter of the estate of the late Achchimuttu wife of Sannugam Navaratnam of Vaddukoddai West.

Deceased.  
Sannugam Navaratnam of Vaddukoddai West.  
Petitioner.

Vs.

Minors.  
1. Navaratnam Sannugam  
2. Saraswathy daughter of Navaratnam  
3. Navaratnam Ramanathan  
4. Manonmayi daughter of Navaratnam  
5. Sivapakkiam daughter of Navaratnam  
6. Maheswary daughter of Navaratnam  
7. Navaratnam Sivasubramaniam all of Vaddukoddai West  
Guardian. 8. Velupillai Vallipuram of Vaddukoddai East.

Respondents.

[The 1st to 7th Respondents are minors appearing by their Guardian-ad-litem the 8th Respondent.

This matter of the petition of the abovenamed Petitioner coming on for disposal before S. Rodrigo Esquire, Additional District Judge, Jaffna on the 18th day of September 1935 in the presence of Mr. S. Nagalingam Proctor on the part of the Petitioner and the affidavit of the Petitioner dated the 17th day of September 1935 having been read,

It is ordered that Letters of Administration in respect of the estate of the abovenamed deceased be granted to the Petitioner unless the abovenamed Respondents or any other person shall, on or before the 29th day of November 1935 show sufficient cause to the satisfaction of this Court to the contrary.

The 11th day of November 1935.

Sgd. S. Rodrigo,  
District Judge.

(O. 93. 21 & 25-11-35.)

## THE QUILON BANK, LIMITED

(INCORPORATED IN TRAVANCORE 1919)

JAFFNA

Loans are granted on the security of gold bearing interest at nine percent per annum.

V. C. OOMAN, B A.  
AGENT.

(Y. 32. 25-4-35-14-4-36)

The ORIGINAL is always better than an Imitation so buy

## LITTLE'S ORIENTAL BALM.

First in 1885 and first in 1935

MADE IN INDIA BY INDIANS

USE IT FOR ALL ACHES AND PAINS.

Y. 53 1-1-31-12-35.

EMPIRE OF INDIA  
LIFE ASSURANCE COMPANY, LIMITED  
ESTABLISHED 1897.

Head Office : Bombay.

Assets Exceed Rs. 45,000,000

INTERIM BONUS INCREASED TO:-

Rs. 18.	on	per Rs. 1000 Assured	Rs. 16.	on
Whole Life		per annum	Endowment	
Assurances			Assurances	

Coupled with a LOW RATE of PREMIUM is now a HIGH RATE of BONUS

Apply for leaflet — "Why is a POLICY in the 'EMPIRE OF INDIA' of SPECIAL INTEREST?"  
REMUNERATIVE AGENCY TERMS.

F. DADABHOY,

Chief Agent,  
49 Canal Row, Fort, Colombo

Y 54 1-1-31-12-35

## UMBRELLA BRAND TILES

CHEAPEST AND LARGEST TILE IN THE MARKET.

SOLE SUPPLIERS TO GOVERNMENT.

J. CHERUBIM & BROTHER,  
SOLE AGENTS,

MAIN STREET, JAFFNA

H. 114 1/8/35 to 31/1/36.

### TEAK!

### POUND MARK TILES

Large and fresh Consignment Just Arrived

SIAM TEAK FROM 2.60 UPWARDS  
RANGOON TEAK FROM 2.75 ..

Another Important Announcement is that we have reduced our interest on Pawn broking from 12% to 9% per annum for Rs. 100. and upwards.

The House for QUALITY, RELIABILITY and LOWEST PRICES

POUND MARK TILES

A Speciality

S. Veeragathipillai & Sons  
Grand Bazaar, & Bankshall Street.

Y. 57. 1-5-35-30-4-36

## FOREMOST AYURVEDIC REMEDIES

# 39

Years of Study Research and Practice in AYURVEDA

SIDDHAMAKARADWAJA:—Is the most potent alterative in the Hindu Pharmacopoeia: It cures all sorts of fevers, dyspepsia and its attendant symptoms, all kinds of neuralgic pains; removes every kind of disorder of the respiratory organs and regulates and improves digestive functions. In short, there is no disease for which it is not a cure. If you use this peerless medicine, you will not lose your manly power and youthful vigour even when you celebrate your centenary. Price per tola Rs. 80. Price of medicine for 7 doses Rs. 3. V. P. P. charges extra.

PAIN KILLER:—This is for internal use whereas Pain Balm is for external use. A sovereign remedy to cure all pains in any part of body due to vitiated wind or vayu. Price per box Rs. 1. V. P. P. charges for 1 to 6 boxes As. 8 only extra.

P. Subbaroy

AYURVEDIC PHARMACY

Sri Venkatesa Perumal Sannathi, Tanjore, India.  
(Y. 53. 1-1-31-12-35.)

Complete Catalogue on request.

Printed & published by S. ADCHALINGAM, residing at Vannarponnai, West, Jaffna, for and on behalf of the Proprietors the Saiva Paripalana Sabha, Jaffna, at their Press, the Saiva Prakasa Press, Vannarponnai, Jaffna, on MONDAY, NOVEMBER 25, 1935.