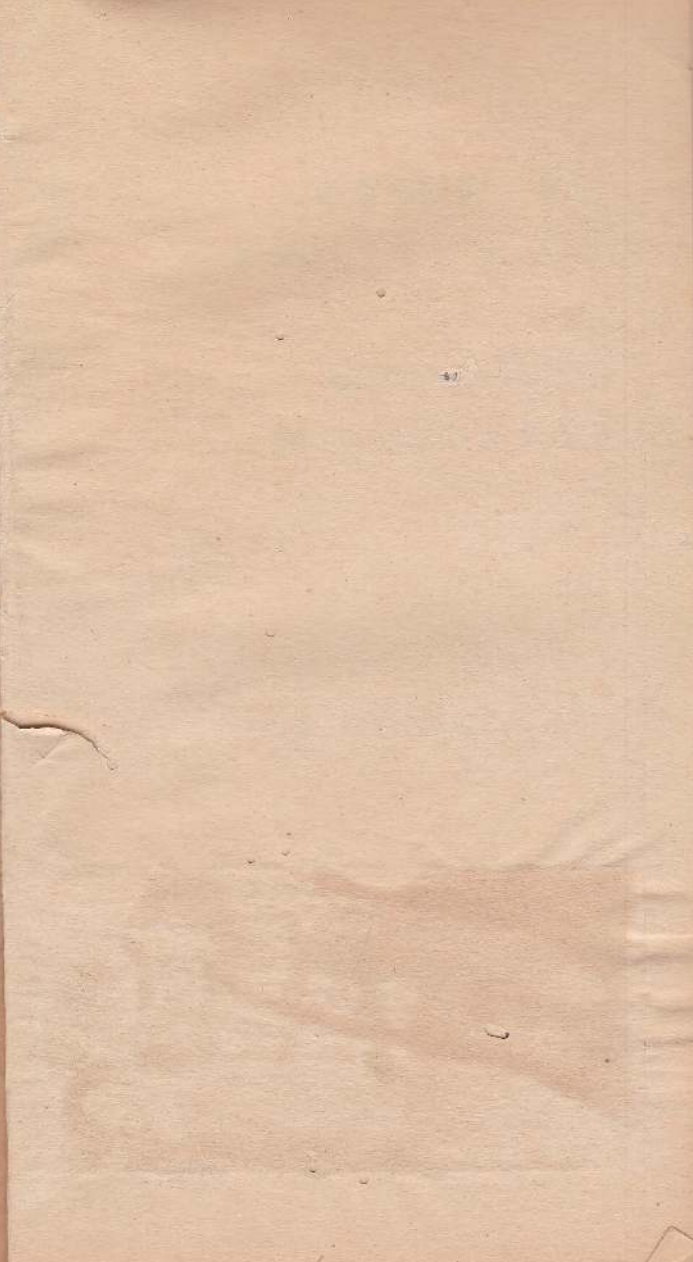


GUIDE TO PROSPERITY

ஆனந்தத்திற்கு
அரும்பெரக்கிஷம்



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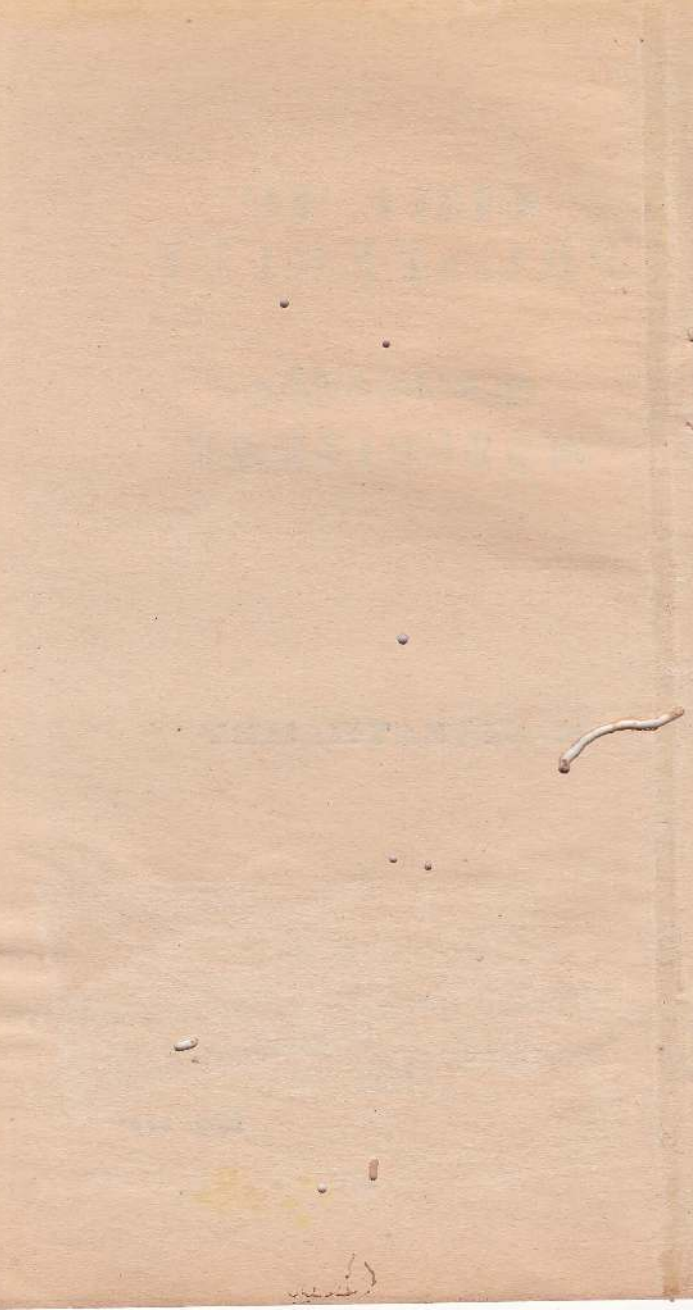
GUIDE TO PROSPERITY

ஆனந்தத்திற்கு
அரும்பொக்கிஷம்

M. SINNATHAMBY

457, K. K. S. Road,
Jaffna.

Rs. 10/-



61, First Cross Street,
Jaffna.

S. R. Kanaganayagam, B. A. (Lond)
(Advocate S. C.)

I have had the pleasure of reading Mr. M. Sinnathamby's Guide to prosperity. I should like to add that this booklet containing 36 pages in English and Tamil is indeed, a guide to health and happiness.

This booklet is a mine of information containing vivid descriptions of Personalities and events of a past generation.

Famous Principals like Nevins Selvadurai, John Bicknell, Rev. Percy T. Cash and other personalities like Sir Waithillingam Duraiswamy, C. Coomaraswamy, Sir Arunasalam Mahadeva, M. Srikantha, Justice Abdul Cader, T. Muthuswamypillai, Kalaiputavar K. Navaretnam, A. E. Tamber, Swamy Vipulananda, S. Sarvananda and Siva Pasupathy. Tributes have been paid to the enduring contribution made to the people of Jaffna by the American and Wesleyan Missionaries.

S. R. Kanaganayagam,

S. Sivapathasundaram, M. A. (Cantab)
(Principal, Emeritus)

Parameshwara College, Jaffna.

MR. M. Sinnathamby's "Guide to Prosperity" is a succinct and complete portrayal. When I met Mr. Sinnathamby sometime in 1940, he was in charge of the health and happiness of more than a hundred growing young fellows in the Jaffna Hindu College Hostel.

His childlike innocence his bubbling enthusiasm and his total dedication to the work in hand, which struck me at that time, are the qualities of the man that make these pages eminently readable.

S. Sivapathasundaram,



KADAI SWAMIYAR



YOGAR SWAMIYAR



KADAI SWAMIYAR



YOGAR SWAMIYAR



AUTHOR



AUTHOR

On the request of many of my friends from Colombo and Jaffna I am forced to write this book let as a general guide for healthy happy living. During my younger days I was taking more interest in sports than in studies. I got through my English School leaving Certificate Examination and London Chamber of Commerce. Started my education at Jaffna Hindu College and ended at Jaffna Central College. I was at the Veterinary College, Bombay. Due to food problem I came back after a short period. The buffalo ghee chappathy did not agree with me. I was Junior Champion at Jaffna Hindu College and won almost all the cups in the North Ceylon Sports Meet. My favourite items were High Jump, Long Jump, 100 and 220 yards races. At Central College I was intermediate and Senior Champion and won almost all the cups in the Inter Collegiate Meets. Played for the Central College, Cricket and Foot-Ball teams. After leaving College, I was attached to the Prudential Assurance Company and

brought good name in sports and insurance work along with "Kalai Arasu Sornalingam". Once when we were going to Colombo by car on our way I managed to shoot a bird while it was flying. Mr. Sornalingam complimented saying that he is seeing one, shooting while flying so accurately. My brothers Chelliah, Suppiah and Kanagaratnam played for the Central College Foot - ball and cricket teams. Mr. Kanagaratnam captained the College Cricket Team. My sons Markandan, Sivanandan, Vijayakumar & Nagulendran took part in athletics etc. for College. Sivanandan Captained the Cricket Team, Nagulendran captained Foot - ball and Cricket Teams. Nagulendran was the only student selected to play for the All Ceylon President's Eleven at Oval from Jaffna. My play mates during college days were A. J. D. N. Selvadurai, D. J. N. Selvadurai and B. S. N. Selvadurai and V. Thamby A. J. D. N. Selvadurai played for St. Thomas College. A. J. D. N. Selvadurai Vice Captained along with Herman (Captain), Dudley Senanayake also played in that team. My Cousin A. V. Kanagasabai captained, St. Thomas College for 2 years. He kept wickets for the Maharajah of Patiyala's and Maharajah of Baroda's teams. His brother A. V. Sivasambu also played for St. Thomas College. In the Royal Thomian Match, during Mr. Kanagasabai's

time the present President Mr. J. R. Jayawardene also played for Royal College. In a Match against Wesley College St. Thomas College A. J. D. N. Selvadurai scored a brilliant 34 Runs in one over. 5 Sixers and one four. It is a record. I was very good at horse riding and started riding horses without saddle along with Mr. T. Sivapiragasapillai retired harbour Engineer (First Ceylonese Harbour Engineer) Later his daughter also created a record by passing out as Ceylon's first lady Engineer. My nephew A. K. Ratnavel is Ceylon's first Master Printer. The late Mr. C. S. A. Namasi-vayam Chettar married Mr. S. Paramasamy Chettiar's daughter Kathireswari He always bought race horses for his riding exercise. He will requests me to ride the horse first as I was very good at controlling wild horses like Cow Boys. Mr. Paramasamy Chettiyar was hailed as a petty King at Morakoddan Chennai during the time he had his rice mill there. Now it is army camp. Once it so happened that when Namasivayam Chettiyar got down a Race horse from Colombo I was busy officiating as one of the judges in the Inter Collegeiate sports Meet. He immediately came to me and requested me to have the first ride to test the horse. Later he started riding without fear. That was his last horse. While I was working in Colombo he died of heart

attack. He was the richest young man in Jaffna during his time. A gentleman who led a very simple life. Lack of exercise led to his early death. After I was transferred to Colombo he neglected his tennis. His death was a great blow to his mother. When ever I do not go for Tennis, she will send her car to pick me up just to make him play regularly and keep healthy. C. S. K. Tennis court was the best one in Jaffna surrounded by flower gardens. Some of the North Ceylon Matches were always played there Namasivayan Chettiar's son C. S. A. N. Kandiah Chettiar (Baskaran) is the only son. His sons-in-law are P. Nagularajah and P. Selvanathan all played regular tennis including Justice Abdul Cader, and Dr. N. Kanagaratnam. Dr. has written a book in Tennis with good instructions. At United Club, where I was a member for several years, Dr. E. P. Rasiah and Mr. C. Vamadeva were chief organisers in everything and back bone of the Club. Mr. C. Ragunathan Juvenile tennis Champion all Ceylon was also a stylish player at the Club. From Prudential Assurance Co. I was selected as a Boarding master Jaffna Hindu College. In the Company of the late Justice V. Sivabramaniam Secretary O. B. A. Jaffna Hindu College and humble self as Assistant Secretary O. B. A. Jaffna Hindu College. We created some records. First dinner in the history of Jaffna

Hindu College was held and opening a New Play Ground with all facilities etc. I went to Colombo in the company of Messrs. S. Atchalingam, V. Nagalingam (Shakespear) and A. Kumarasamy Principal J. H. C. and Collected a mighty fund. I took over from Mr. K. S. Subramaniam as Boarding Master Jaffna Hindu College and later after 7 years handed over to Mr. K. S. Subramaniam and got into Government Service. I was appointed by Sir Arunachalam Mahadeva then State Counciller Jaffna, as Supervisor Milk feeding Centres for Jaffna District, with car allowance and lot of other allowances etc. Later after 9½ years I was absorbed into clerical service and was transfered to collection branch Income Tax Department. During that time Mr. M. Sri Kantha was Government Agent, Jaffna. A class mate and neighbour of mine. Casually I met him and told him that I am transfered to Colombo and I have decided to resign Mr. Sri Kantha adviced me not to resign immediately. But to continue for another six months and retire under the language issue so that I will be able to get a pension. By his genuine advice I am able to get a pension of Rs. 1, 100/- a month. In the Inland Revenue Department I found many of my old students who made me so comfortable, that I worked for 7 years. During that time Yarl Devi also started running.

Every weekend I travel with two groups of old students and others. A return journey cost us only Rs. 12.50 I was made the Group leader along with Mr. Suntharalingam Accountant P. S. M. P. A. Later he was at Jaffna Kachchery. During the seven years in Colombo I did my cooking in a comfortable room in a 3rd floor building at Vajira Road, Galle Road, Junction with all comforts. Dr. R. V. N. Selvadurai then Surgeon Ratnam's hospital along with his grand children, T. Sivapragasapillai his two sons Engineers Mr. Rajakariyar Tennis Star and family were frequent visitors to my room. A visitor coming to my room brings his family members to show them how cooking is simplified. One day Mr. Pathmanathan A. G. A. Colombo visited with his wife Ranganayagi present District Minister Batticaloa. She asked me Master, what curry have you cooked for your lunch? I told her Muddaium Murunkaikayum (Egg and Murunga) and told her the method I prepared it. Master, when you say this, really the mouth is watering. Mechanical Engineer C. G. R. Mr. P. Rajagopal saw my cooking gadgets and complimented saying no wonder you have simplified cooking. Kettle is used for Tea and Pittu also prepared in the same with bamboo steamer on top of the kettle. One day Dr. R. V. N. Selvadurai came to

pick me up to go to Otters to see flood lit Tennis. His nephews were playing. We returned at 11 : 30 p. m. Dr. invited me for dinner. I told him that I have noon Seer fish fried pieces and gravy. I can prepare pittu in 20 minutes. He said it is better than our dinner. He is the one who started us to cook our own meals. In England, preparing for F. R. C S. Exam and we cooked our meals. Why can't you do it? His two brothers A. J. D. N. Selvadurai and B. S. N. Selvadurai stopped cooking after two or three days, but I continued for seven long years and taught 30 to 40 of my old students also to cook their own meals. They used to tell me that they were enjoying better meals and saving lot of money. The secret of my cooking is a hint from the Illustrated weekly of India with Illustration of a Kitchen in the Cupboard. I made a Cupboard with a German kerosen cooker and utensils inside the packing case kept me going: It is a very interesting hobby. Even today I am having the kitchen in the cupboard safe and sound on sentimental point. I brought it with me by passenger train. Anybody can come and have a look at it. Boarding Master beginning that brought a real change in my career. To get up early at 4-30 a. m. and attend to our work is very good. I go straight to my bath room and do a nice shave. One

Wilkinson or Gillet blade is used by others for a month only, I can use a blade for one year by sharpening it on a wet cloth pad it gives a nice shave. Later, bathing on head only once a week. Other days massage the head with wet hands and pour the water on face and shoulders, cold water takes away all pains etc. In my bath room you find Milk white blue soap, Sunlight soap and Rexona soap. I love to use Milk White Blue Soap, a wonderful one. I call it multipurpose soap. (1) I use it as shaving stick. (2) Cleaning the teeth (tooth paste) with it. After cleaning with the fingers gargle and throw the water out and brush with Dr. West's tooth brush. I am using it for the last 10 years, sister gave, in Singapore it is really a nice one like the Milk white blue soap. (3) Instead of all sorts of shampoos in bottles and packets found in my bath room, I prefer the mighty Milk white soap for the head bath. It cleans the head and body pores very nicely, and good for dandruff also. After the bath with Milk white Blue soap, clean the body with a nice cotton towel without any wetness on the head. Later pour 3 or 4 drops of gingilly oil in your mouth and have it for some time and later drink it. It is a very good healthy tonic for the intestines and the stomach. In China they won't spit out early morning saliva. They swallow it in.

It is a healthy juice to cure lot of illnesses. We must not forget that we swallow lot of saliva along with all foods we take. With a sweet in the mouth how much of saliva gets in. Early morning application of saliva is very good for, first and foremost for eyes and small pimples on our face and body. How do dogs cure their wounds?. By licking. Gingilly oil will not do any harm. Name is good oil (Nalla Ennai) because it does good only. Later put 5 drops of gingilly oil on your head and massage it very well after that rub your hands elbow and knee downwards, and massage it very well. Powder your body and put on your dress. I always prefer shorts as it is a very comfortable dress for home wear, field work, and cycling. Jesus christ said "Comfort thy self" Surely it is more comfortable than any other dress. Some put on longs for status sake. During rainy days they fold it to shortslevel. Some like to put on shorts but as peons are using it they are ashamed to wear it. Most of the Planters and even Civil Servants were using shorts for comfort sake. A typical example is Mr. Bassett last Englishman to retire from Civil Service and right hand man of First Prime Minister D. S. Senanayaka. Mr. N. Vamada is right hand man of Mr. R. H. Bassett. They always wear short. By 5 . 00 a. m. my breakfast is ready. I always take a heavy breakfast and

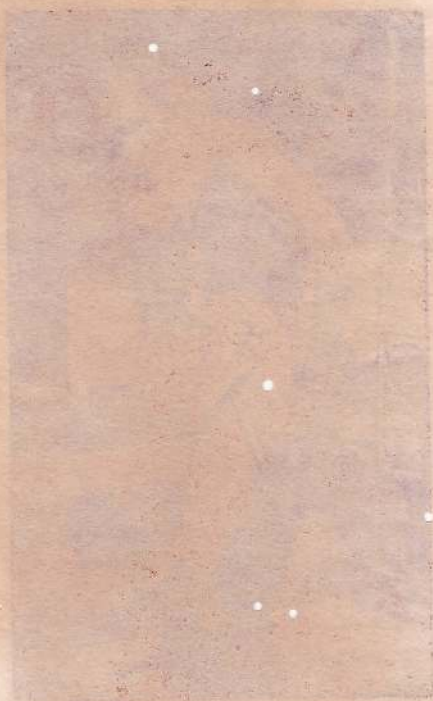
attend to my duties. Early morning I do 6 or 7 miles of cycling and that keeps me fit. Luckily for me all meals are found on the table to time. I take food only at the proper time. Only one plain cool tea in the morning. I do not take milk. Milk is bad for healthy strong people. A normal lunch with more vegetables and leaves curries. At 5.30 p. m. I have a short eat. After dusk I dont take anything. This regular living keeps me fit and nice. I had the blessings of two great Saints from Jaffna. They loved me so much and visited me in my humble house several times. As a result I am blessed with success in everything I touched. One is Yogar Swamy who wanted me to resign from Jaffna Hindu College. He was able to foresee that I was in for a Pensionable job under government. The other is Kudai Swamiyar a (boistrous one) he cannot be introduced to any one. On his own accord he visits who ever he likes and bless them. After he started visiting me regularly, I was gifted in several ways. I wanted to introduce him to of my affectionate ones Mr. M. Srikhanta and Mr. D. Seenivasagam without my telling him he visited them and blessed them. My nephew Mr. M. Oppilamani is a Baratha Naddiya Critic, his daughter Sumathy is a good dancer. Of all blessings the greatest is from my sweet mother, Mother's sister and mother's brother S Thuraiapph. I

looked after him carefully and attended to his wants, For mosquitoes, net is the best. Other devices are bad for health. I feel I am in heaven when I get into my Mosquito net for 6 p. m. news. Radio and other necessities are found within the net, with musical instruments like flute etc. One day Kudaiswamy told me that a sister of mine is having a house at Oddumadam to be given to me, within three months I was gifted with a house at Oddumadam by one of my cousin sister's from Seremban Malaysia (Rajah Annaledchumy.) Later when I told him that I am gifted with a house as prophesied by Swamijee. He was unable to recollect it. After two years there were offers for 7 lakhs. I did not sell it. I donated it to my grands and sons so that I may not be tempted to sell it. Later Tigers approached me and demanded 5 lakhs. donation I told them that I have divided all my properties among my childrens and grands. At present I do not have anything except my pension. They told me that they will be coming back after two weeks. They did not come. As a matter of fact it is the Swamijees Samathy power that helped me to write all my properties in my children's and grands name. We must always have a Guru to guide us. After the Samathy stage it is more powerful. We will be blessed with all we ask. For all this we must

have a very pure heart. "Venduvar Vendu-
vathai Eevan Kandan" (ask and it shall be
given) Dr. Ratha Krishnai former President
of India did not have an elderly Guru. He
decided to have Neelakanda Bawa as his Guru.
This helped him a great deal he says. Neela-
kanda Bawa is very much younger to Dr. Ratha
Krishnan. Nallur Kandasamiyar is very power-
ful as there is a Samathy Back ground. Then
again I tell you that one must be pure in
heart and all petty things will disappear and
we will be gifted with blessings from Naliur
Kandasamiyar. I had the privilege of serving
that Great Mahathma Ghandhi at Sri Waithilingam
Duraishwamy's house. As volunteer from Central
College I was asked to do this great Job.
Along with Mahathma Ghandhi Sri C. Raja-
gopal achchary Desai former President of India
were with him. When Mahathma Ghandhi came
to Central College. a silk cloth was spread
on the table for him to sit. At the nick of
the moment when Ghandhi was expected in the
College Hall "Kalai Pulavar" Navaratnam
observed that Ghandhi will not sit on foreign
silk cloth. Immediately he took off my Kaddar
shaul and spread it on top of the silk cloth.
He came and sat on my shaul and lectured.
Later after he left the Hall boys started
shouting "Preserve that shaul". When Jawarlal
Nehru came to Jaffna I had the privilege of



KUDAI SWAMIYAR



END OF THE WORLD

being in close quarters with him and attending to several affairs as one of the volunteers along with Mr. T. Muthusamypillai chief Volunteer. Swami Vipulananda was with me at Kala Nilayan for 3 days. I looked after him. He blessed me and went. Incidentally T. Manickavasagar son of Mudaliyar Thirusittambalam happen to visit swami. Swamiji immediately called him ("Manickavasagar Inke Varum") Oru Thevaram allathu Thiruvasaki padium) Swamiji's voice is ringing in my ears. When Kamaladevi Chatapathiyaya visited Jaffna I was also one of the chief volunteers along with Kalaipulavar Navarathnam, A. E. Thamber and others. When Krishnan and Mathuram came to Kokuvil Hindu College, they were with me for 3 days. Krishnan calls me "Anne" "Anne" and was very much attached to me along with Mathuram. He polishes one bottle of whisky all alone in one day, and that was the cause of his early death. Although Mr. Handy Perinpanayagam was principal of Kokuvil Hindu College, anything regarding Krishnan and Mathuram must go through me. Mr. C. K. Kandasamy Vice Principal and Handy approached me and said Master Drama is over. There is a big crowd outside to see Krishnan and Mathuram. If Mr. Krishnan can oblige with a short play we can make a good additional collection. I approached Krishnan and told him

if he can stage us a short Drama and satisfy the people to see Krishnan Mathuram Saranamam and Pulimoodai Ramasamy clearly we can make another collection. You know what he asked me, Anne what about the Whisky bottle Oh' that is in the car. Do not worry. Immediately he had a small rehearsal "Fifty to sixty" a short play and it was better than the earlier one and we were able to collect a better amount. Later he went to Madras and invited me to play Tennis in his own Court at Madras and thanked me for all the services rendered to him and Mathuram. Mrs. M, Linganathan Miss. Linganathan and sister are good dance teachers and organisers of concerts etc.

Do not worry yourself unnecessarily Worry is killer number one. Be happy hearty and hale God will bless you with everything. We cannot buy happiness from a shop. We can only achieve it by our own adjustment. If you see something and have a liking for it, God Almighty will give you. That is my experience in life. Be humble. Pride always goes before destruction. "What you think you become that." My mother lived up to 92 years. Whenever she had pains she took Kruchen salt. If the pain is a bit more she bathes at Keerimalai in the sea and she is cured of all her illnesses. Mental satisfaction is also there. We used to

say that mother a believer of K 2 - Kruchen and Keerimalai. It is an admitted fact that sea bathing is very good for health. The late K. P. S. Menon, Indian Civil Servant also said that sea bathing really made him healthy. He never misses his sea bath. I am a person who believes in cycling and sea bathing. On sundays I start at 5 a. m. to Keerimalai 10 miles from home and reach there by 6.10 a. m. On principle I stay in the sea water for one hour and immediately leave Keerimalai at 7.10 a. m. and arrive home at 8.30 a. m. and have my plain tea. Later a heavy breakfast and I am ready for usual routine of my work. When Dr. Yogu Pasupathy left Jaffna. He told me Master you will not have any heart ailments as you cycle up to Keerimalai and return and have your plain tea. You told me of pains you have once in a way. For that take Panadol which is harmless. When I went to give him a send off he told me this. To tell you the fact ones health is in his own hands. Dr. Yogu Pasupathy's grand father and great grandfather were great physicians. Once it so happened that a Malayan Pensioner went for treatment to Dr. Muthukumar (his grandfather) for his daughter who did not have her monthly period. After four months treatment one day he looked hard at the pensioner and told him that treatment was carefully given

and his daughter was pregrant and to compel his daughter to come out with the truth. Later the girl revealed the culprit's name and telegrams went flying to the culprit's father who was working in outstation. He came and had the Thali Ceremony quietly during the month of December and a boy was born after 5 months. Today, the then baby boy is a pensioner enjoying retired life with a happy family. Dr. Muthukumar of Kasturiar's house believes in "Sivapooja" regularly. Kasturiar's house is famous for their harmless medicine treatment. The Kasturiar Road is named after them. Kasturiar's house has produced several eminent Doctors specialised in various lines.

When I was working in the Inland Revenue Department one Mr. Reggie Godawele who succeeded T. B. Illangaratne former Minister of Finance as Trade Union Leader, is also an admirer of my humble and regular habits, pressed me to write a booklet which will be of great help and useful to them. I never get into a bus. I always use my bicycle to travel up and down to Fort from Bambalapitiya. In Jaffna also I use my bicycle for long distances within 15 to 20 miles. The Easy chair I am using is my mother's Grand father's it is more than 200 years old. Once when Mr. Navaratnarajah S. P. visited me.

He asked me for the history of the Easy Chair. Immediately he called his wife to see the chair and said see how careful Master is. He is preserving this chair on sentimental grounds. Justice Akbar when he was a student used to take a ten cents coin (very small, pure silver coin to school). He lost it through a small hole in his pocket. Those days they cross the river by ferry to go to Fort from Wellawatte. The Ferry man came collecting money. Justice Akbar was searching for the money high and low. an English Lady who happened to be by his side paid for him also two cents to the ferry man. The balance 8 cents was probably for lunch. Later in the evening he searched for the English Lady's house at Wellawatte and paid her 2 cents and thanked her again. When I was at Central College I also take 10 cents with me for lunch and bring back two cents balance. S. A. Edward's B. A. L. T. son also brings 10 cents. and keeps company with me for lunch. We rush up to find a place in the Amman's Box shop opposite to the St. Peter's Church. We buy 3 Thosais 2 string hoppers, 1 vadai and 1 mothagam. Pea nut for 1 cent. balance 2 cents we take home. When I was Junior Champion at Jaffna Hindu College Mr. S. P. Rasiah Sports master introduced me to the Great Nevins Selvadurai Principal Jaffna Hindu College. Sinnathamby

is nephew of S. Duraiappah Deputy Fiscal Jaffna. Mr. Nevins tapped me on my back and told me, your Uncle Thuraiappah was a great sportsman. His challenge cups are found in the college Library. Mr. Sithambarapillai Nevins father of Mr. Nevins Selvadurai when he was at Central school, he used to walk up the distance of 8 miles from Vaddukoddai to the Central school. While walking he gives tuition to a good number of students following him. Some time he travels by American Rickshaw giving tuition. While approaching the clock tower he instructs the Rickshaw puller to go fast fearing the clock tower might come down on him. He was so fearful. I visit Sir Wythilingam Duraiswamy regularly during his latter days. One day I told him that Sithambarapillai Nevins was fearful of the clock tower thinking it might come down at any time. Sir, you are under it all 24 hours. He had a mighty hearty laugh. Sir, Wythilingam Duraiswamy's nephew Dr. S. Sivaramalingam married my daughter. As a result his attachment towards me was very much more. Earlier it was Boarding Masters Manager attachment. Once Dr. R. V. N. Selvadurai came from Colombo to see Adigar Naganathar when he was 100 years old. He took me also along with him. to Kopay. Adigar took some papers from his bag and referred to it and told us that he used to

carry Nevins Selvadurai as a small boy when they were at sanguvely. Mr. C. Coomaraswamy C. C. S. had a liking that I must see him often and give him Iyanar kovilady news. This family also created a record by serving in the Ceylon Civil Service at a time together. C. Coomaraswamy, Raju Coomaraswamy his son and W. Pathmanathan his son-in-law. When Mr. Nevins Selvadurai was in State Council he always stays at "Padmagiri" Barnes Place. Residence of Dr. E. V. Ratnam at that time all his sons were at outstation. Proctor W. D. N. Selvadurai son-in-law of Dr. E. V. Rathnam stays at "Barness Place (Padmagiri)." I go there to play tennis with W. D. N. Selvadurai, Kumaran Ratnam and others. After tennis I have a small chat with Mr. Nevins Selvadurai and go home to Timbirigasaya Road, Narahenpitiya. Mr. Nevins Selvadurai used to tell me that the food that he served with at Padmagiri doesn't suit him. Ammas (Mrs. Nevins) Venthaya Kulambu I tell you is really good for the stomach. Mrs. Nevins a great lady with all her work at home, she never fails to conduct prayer meetings along with Mrs. Spencer and others, travelling by horse cart to the church. When the Kayis election was over she told her children that Sinnathamby is the only agent who brought back the money, given to him for Election

expenses. Others brought additional Bills etc. for payment. At Vannarponnai Nevins family is very much attached to our family. The late Seenivasakam Kandiah Proctor, my wife's grandfather was an affectionate friend of Nevins Selvadurai.

When I retired from Colombo and came to Jaffna Dr. R. V. N. Selvadurai wrote to me that I should stay with them whenever I go to Colombo. Later when I went for my farewell function Dr. took me to the adjoining house of his daughter to stay in an air conditioned room. Mr. Chandy Shanmugam C. C. S. had for foreign visitors with all facilities within. Even now whenever I go to Colombo I stay with them. My brother-in-law Mr. S. Ganesharatnam, all Island Govt. Contractor is having a tourist house but I stay with Dr. My son is having his own house at Wellawatte, but I stay with Chandi's at Inner Flower road to satisfy the dear doctor's wish. My humble observation is people who eat too much of luxury food go sickly during early age. People who eat less are hearty and hale. So try to limit your food as far as possible. Yield not to temptation yielding is sin. By eating too much of oil and fatty food people get blood pressure heart attack etc. Early to bed and early to rise makes one really healthy

wealthy and wise. All ways keep occupied. Otherwise one will go sickly. Earlier also I have told that you must have nice hobbies to do at home, that always keep you occupied. Jesus Christ said in leviticus chspter 7 speak unto the children of Israel not to eat the fat of Ox, sheep or goats. Take any amount of fruits and leafy curries and three to four bottles of water daily. Soft Sappathi is very good. It digest very easily ordinary sappathi is full of oil and difficult to munch. Among my relations Muhandiram Duraiappah retired Registrar of lands Mr. S. Selvadurai retired Overseer and Mr. S Siva-sothy they belong the 19th Century. Of all my cousins Mr. R. Nagaratnam Malayan Pensioneer and cousin of Sir Wythlingam Duraiswamy is 97 years old. He is the President of the Malayan Association, During last Nallur Festival also he was a regular worshipper. He walks the distance of 2 miles from Nayanmarkadu to Nallur Temple. Very steady and keeping very nice. The black cap I wear is a Nepali Hindu cap. A Nephew of mine Mr. R. Rajadurai went from Singapore as representative to the Hindu conference at Nepal, bought it for me. Any one going to see the King must wear this cap. Inside the temple also they are allowed to wear this cap. From the day my Nephew worn

it on my head I am victorious in all my civil cases etc. My cousin S. R. Kanaganayagam along with Mr. Jimmy Rajaratnam my tennis partner A. Shanmuganathan, P. Rajaratnam Attorneys at Law appeared for me, F. O. B At Raman Boarding, Dam Street, Colombo I was a boarder paying only Rs 18/- a month, everything found. Comfortable room, mutton curry on Wednesdays and Saturdays. Gingili oil also provided free. This was the cost of things those days. Victoria Hotel supplied lunch for cents -/75 only, with seer fish curry etc. including fruit salad. I am grateful to Mr. T. Balasubramaniam eldest son of Mudaliar S. Thiruchittampalam and Dr. C. K. Sivaganaratnam for helping me in classical music. In the company of Mr. V. Suntharajah Retired Accountant co-operative Bank, V. Nadarajah Retired Asst. Registrar of Co-operative Societies Northern Province and Mr. M. Baskaran Retired Superintendent of Electrical Department, Point Pedro, all of us took great interest in classical music getting help from Mrs. Kalaipulavar Navaratnam Maheswarydevi of Shantinikatam. Music no doubt is food of love. specially during retired old age. It keeps one occupied during late hours in the night with musical conferences etc. held in Madras.

All of us from Pirapankulam road were admirers of Thiyagarajah Bahavathar. He was also very much attached to us. It was a unique sight to see him coming down on Peacock as Kandasamiyar singing (Markathil Kanda Kanithanai Eppadi koithidalam Muniae) Narathar down on the platform awaiting his arrival. He hails like a statue. Only his lips move. That day Periya Thurai Raja's hall was crowded to the maximum. Nobody can break Thiyagarajah Bahavathar's record.

Our sports career started at the Jaffna Hindu College quadrangle, A. J. D. N. Selvadurai was our cricket Captain. Others were D. J. N. Selvadurai, B. S. N. Selvadurai, C. Ponnambalam (Blacker) Banda Chellappah, Kandavanam Pariyar Vairamuthu's son Chellappah, Malasia Dr. S. Navaratnam retired R. M. P., Poobalasingam and Thalaya-singam. We played matches with all teams in Jaffna. Mr. Kanagarajah's (Proprietor Milk White Soap Factory) father Mr. Kandiah was also in our team. Later Mr. Kandiah started a Soap Factory adjoining Hindu Organ. Soap is in the blood of this family. Thurai & Co. Kandiah's son Tharmalingam was a star player. He captained the Foot-ball and cricket teams. Mr. Somalingam retired Station Master and Tharmalingam as

students walked up the distance to Keerimalai and return home for lunch. My brothers son Chelliah Devarajan played for all teams at Hindu College. At Central College Percy. T. Cash M. A. Msc. and Mrs. Cash treated us like their own children. They provide indoor games etc. for us. After retiring he went to England and came back after ten years to see us all prospering in service. From Colombo they travelled by train with an old boy Mr. Jaya as driver and guard also an old boy. Colombo bianch old boys also kept company with them. At the Jaffna station we old boys went with garlands to meet them. One by one we were indroduced by Mr. J. C. Charles who was acting Principal then. On my turn Mr. J. C. Charles introduced me as Mr. Sinna-thamby. Immediately Percy T. Cash said Mr. M. Sinnathamby, Markandu Sinnathamby, his brothers Chelliah Suppiah and Kanagaratnam. All on the Platform including Kalai-pulavar K. Navaratnam A. E. Thamer and others were surprised at his memory power. This was a main talk that day amoung old boys. At Jaffna Hindu during my time boys who took active part in literary association were Raja Visuvaaathan Mayor of Jaffna Yogendra Duraiswamy G. A. Sri Ramanathan, Dr. Anandarajnh Eye Surgeon, T. Poopalan

Attorney-at-Law S. Sarvananda Chief Justice, T. Pathmanathan C. C. S., Mr. Siva Pasupathy Attorney General and Raja Thirugnanasampanthar all these old Boys are in touch with me and are of great help to me now. Dr. Jega Pasupathy and Mrs. Pasupathy are attached to Jaffna hospital. They are of great help to the Jaffna crowd. Sir Wincent Churchil, Senator S. R. Kanaganayagam and Dr. S. Subramaniam (P. S.) get their inspiration through cigar smoking. Justice Sriskandarajah and Senator Kanaganayagam were full backs at Jaffna College, during that time they had a good team. Sir John Kotelawala and first President D. S. Senananyake mentioned on several occasions that their present position today is due to the missionaries. The kind of eduction and training they gave us is supberb. Prime Minister of Singapore Lee Kuan Yew and Mr. R. Paramsothy my Nephew are old students of my Brother-in-Law late C. A. Sinnathamby of Raffles. Similer to Royal College, Colombo. Once a student went to Jaffna College Vaddukoddai for admission. Then Rev. Bicknel was Principal of Jaffna College. He went through his school leaving certificate and told him. Young man you have been to almost all the schools in Jaffna. Rolling stones gather no moss.

The boy posed for a moment and told him Sir, wandering bees gather more honey. He appreciated his ready witted answer and admitted him straight away. This is the kind of sympathy and liking missionaries had towards students At Jaffna Central College, the kind of education and sports training boys get is vers good. All do well in life. During Dr. Kanagaratnam's time he used to tell us that their class produced several Doctors. Then Central was famous for producing Indian Civil Servants and Ceylon Civil Servants. All this is due to the missionary training and foundation. When I got married in 1940 we visited 3 houses in Jaffna Fort. Mr. S. Chellappah First Ceylonese Superintendent, Prisons, C. Coomaraswamy District Judge and Dr. S. Rajah D. M. O. Mr. & Mrs. Sivaprgasapillai came from Colombo and stayed with C. Coomarasamys in Fort and all came from Jaffna Fort to attend wedding at 4 a. m. My grand daughter Kalaimathy who was in government service shapping to be an accountant had to give up govt. service to marry Orator Subramaniam's cousin Mr. Seevaratnam's (Assistant collector



Great Grand Daughter
BALACHANDRAN SULAKSHANA
with Parents



Great Grand Daughter
BALACHANDRAN SULKSHANA
with Parents

Customs) son Balachandran Senior Accountant
Brisbane, Australia. Kalaimathy is good in
Veenai. She gave an item in a sydney cons
sert. Through them I am blessed with great
grand daughter Sulakshana. I will live to
see Sulakshana's children also. My 2nd
grand daughter is Dr. Kalaiselvi Sivaramalingam
in Colombo. Australian English, it takes some
time to catch on, nime is name, kine is cane,
try is tray, bison is Basin and snikes is
snakes. My classmaster at Jaffna Central
College was an Australian Missionary Rev.
C. A. Smith. The scenery from Sydney to
Brisbane must be very nice, one side ocean
and the other side plantations by train.
There is money in bananas, farmers earn by
thousands of dollars. No wonder I had to
send two local men oties by plane to Australia
to my Kiths and Kins in Austrialia.

My nephew S. Nalliah most highly
qualified gemmologist in the Island is attached
to the Finance ministry.

Character less persons responsible for
the deaths of innocent wives and virgin girls

abandoned after enjoying with them cannot escape from Gods grips. What happened to Sodom and Gomorrah will happen to them. Character lost everything lost. I must not fail to mention the unique achievement of A. J. D. N. Selvadurai who landed a six against St. Biuedicls College at St. Thomas College grounds fell outside the boundary into the guardsvan of an express train to Panadura a distance of six Miles. The ball was returned to St. Thomas College the next day. A. J. D. N. was my garu for Sports from Jalfna Hindu College quarterangle grounds up to C. L: T. A. Green Path Colombo. A. J. D. N. and B. [S. N. Selvadurais are bachelors of great character May God bless them with long life and prosperity.



ஆனந்தத்துக்கு அரும்பொக்கிஷம்

எனது பல நண்பர்களின் வேண்டுகோ
ளுக்கு இணங்க நான் இப்புத்தகத்தை பிரசுரிக்க
முன்வந்துள்ளேன். இதன் காரணம் எல்லோரும்
சுகமாகவும், சந்தோசமாகவும் சீவிக்கவே. எனது
இளம் பராயத்தில் படிப்பிலும் பார்க்க விளை
யாட்டுத் துறையில் கூடிய கவனம் எடுத்தேன்.
கல்வியில் இந்துக்கல்லூரியில் ஆரம்பித்து மத்திய
கல்லூரியில் முடித்தேன். இந்துக் கல்லூரியில்
இருக்கும்பொழுது வட இலங்கை கீழ்ப்பிரிவு
விளையாட்டுப் போட்டிகளில் அனேகமான வெற்
றிக் கிண்ணங்களைப் பெற்றேன். எனது முக்கிய
விளையாட்டுகள், நீளப்பாய்தல், உயரப்பாய்தல்
100 யார் ஓட்டம், 220 யார் ஓட்டம். மத்திய
கல்லூரியில் இடைத்தர உயர்தர விளையாட்டுப்
போட்டிகளில் எல்லாக் கிண்ணங்களையும் பெற்
றேன். முதல் இடங்களை வடஇலங்கைப் போட்டி
யிலும் பெற்றேன். உதைபந்தாட்டத்திலும்,
கிறிக்கெற்றிலும் சிறந்த வீரனாக கல்லூரிக்கு
புகழை சட்டினேன்.

பாடசாலைப் படிப்பு முடிந்தபிற்பாடு புறா
 டென்சல் கொம்பனியிலும், விளையாட்டுத் துறை
 யிலும், காப்புறுதிச் சேவையிலும், பேர்எடுத்துக்
 கொடுத்தேன். கலை அரசர் சொர்ணலிங்கம் அவர்
 கள் எனக்கு உதவியாக இருந்தார். ஒருமுறை
 இருவரும் காரில் யாழ்ப்பாணத்திலிருந்து கொழும்புக்கு
 செல்லும் பொழுது கார் ஓடும் நிலையில்
 வானத்தில் பறந்துகொண்டிருந்த புறாவை நான்
 சுட்டு விழுத்தியதைப் பார்த்து மெச்சினார். எனது
 சகோதரர்கள் செல்லையா, சுப்பையா, கனகரெத்
 தினமும் உதைபந்தாட்டம், கிரிக்கெட் விளையாட்டில்
 பெயர்பெற்றவர்கள். கனகரெத்திலும் கிரிக்கெட் கப்ரினாக
 இருந்தார். என்னுடைய மக்களும், மார்க்கண்டன், சிவானந்தன், விஜய
 குமார், நகுலேந்திரனும் விளையாட்டில் பேர்
 எடுத்தார்கள் சிவானந்தனும், நகுலேந்திரனும்
 கப்ரின் பண்ணினார்கள். நகுலேந்திரனை அகில
 இலங்கை விளையாட்டுக்காரனாக யாழ்ப்பாணத்
 திலிருந்து தெரிந்து எடுத்தார்கள். என்னோடு கட்சி
 களில் சேர்ந்து விளையாடியவர்கள் A. J. D. N
 செல்வத்துரை, D. J. N. செல்வத்துரை, B. S. N.
 செல்வத்துரை. A. J. D. N. செல்வத்துரையும்,
 D. J. N. செல்வத்துரையும் சென். தோமஸ்
 கல்லூரிக்கு விளையாடியவர்கள். டட்லி சென
 நாயக்காவும் இக்காலத்தில் விளையாடினார். எனது
 மாச்சான் A. V. கனகசபையும் சென், தோமஸ்
 கல்லூரியில் கிரிக்கெட் கப்ரினாக இருந்தார்.
 ரோயல் தோமியன் மாச்சில் ரோயல் கல்லூரிக்கு
 J. R. ஜெயவர்த்தனாவும் விளையாடினார். A. J.
 D. N. செல்வத்துரை, சென். தோமஸ் கல்லூரி

வெஸ்லி கல்லூரி, ஆட்டத்தில் ஒரு ஓவரில் 34
 றன்ஸ் அடித்தார் 5 சிக்ஸரும் 1 போறும். அது
 ஒரு சாதனை. குதிரை ஓட்டத்திலும் நான் பேர்
 எடுத்திருக்கிறேன். நானும் இஞ்சினியர் சிவப்பிர
 காசபிள்ளையும் Saddle இல்லாமல் சவாரி செய்
 தோம். காலஞ்சென்ற நவசிவாயம் செட்டியார்
 எப்பொழுதும் பந்தயக் குதிரைகளையே தான்
 சவாரிசெய்ய வாங்குவார். எப்பொழுதும் என்
 னையே முதல் ஓட்டத்துக்கு அழைப்பார் பிற
 பாடுதான் தான் ஓடுவார். அவரே முக்கிய
 செல்வந்தராக யாழ்ப்பாணத்தில் இருந்தார்.
 செல்வந்தராக இருந்தபோதிலும் சாதாரண
 வாழ்க்கையே வாழ்ந்தார். அவருடைய ரெனில்
 மைதானம்தான் யாழ்ப்பாணத்தில் திறமையானது
 நானும், அவரும் மகன் கந்தையா செட்டியார்
 மருமக்கள் நகுலராசா, செல்வநாதன் சுப்பிரீங்
 கோட்டு நீதவான், அப்டுல் காடர் Dr. N.
 கனகரெத்தினம் இவர்கள் ரெனில் ஒரு புத்தக
 மும் எழுதியிருக்கிறார். ஆரம்பப் பிள்ளைகளுக்கு
 அது ஒரு நல்ல புத்தகம். பின்பு நான் இந்துக்
 கல்லூரி விடுதி அதிபராக சேர்ந்து, சுப்பிரீங்
 கோட்டு நீதவான் ஜி. கிவகப்பிரமணியத்துடன்
 சேர்ந்து செயலாளரும், உதவிச் செயலாளராக
 இருந்து பழைய மாணவர் இரவு விருந்தை
 முதன்முறையாக ஆரம்பித்தோம். அத்துடன்
 விளையாட்டு மைதானத்தையும் ஆரம்பித்து வைத்
 தோம். இதற்க்காக நானும், கனம் அட்சலிங்கமும்
 (தனாதிக்காரி) V. நாகலிங்கம் (Shakespeare)
 A. குமாரசாமி (அதிபர்) கொழுப்பு சென்று
 பெரிய நிதி சேகரித்தோம் விடுதி அதிபராக

K.S. சுப்பிரமணியத்திடமிருந்து பொறுப்பெடுத்து 7 வருடங்களுக்குப் பின்னர் அவரிடமே திரும்ப பொறுப்பைக் கொடுத்து நான் அரசாங்க உத்தியோகத்தில் புகுந்தேன்.

இலவச பால் விநியோகராக அக்காலத்தில் சட்ட நிருபண சபையின் அங்கத்தவராய் இருந்த சேர் அருளுலம், மகாதேவா ஆகியோரால் நியமிக்கப்பட்டேன். உத்தியோகம் பார்ப்பதற்கு கார் அலவுன்ஸ் எல்லாம் கொடுத்தார்கள். ஒன்பதரை ஆண்டுகளுக்குப் பின்பு கிளறிக்கல் சேவையில் சேர்த்து கொழும்புக்கு வருமானவரிக் கந்தோருக்கு மாற்றப்பட்டேன். அப்பொழுது திரு M. ஸ்ரீகாந்தா, அரசாங்க அதிபராக இருந்தார். கொழும்புக்கு செல்வதற்கு மறுப்புத் தெரிவிக்க அவர் எனக்கு புத்திமதிசொல்லி இன்னும் ஆறு மாதம் வேலைசெய்தால் பென்சன் கிடைக்கும் என்றுசொல்லி (மொழிப் பிரச்சனை) யின்படி இளைப்பாறலாம். அவரது தக்க புத்தி மதியைக் கேட்டபடியால் மாதப் பென்சனாக ரூபா 1105/- பெற்றுவருகிறேன். நான் கொழும்புக்குப்போக யாழ்தேவியும் ஓட ஆரம்பித்தது. ஓவ்வொரு கிழமையும் 'குறாப் சிஸ்ரம்' வந்து போக ரூபா 12-50 மட்டுமே முடிந்தது. இந்த வயதிலால் 7 வருஷம் இருந்துவிட்டேன். இந்த 7 வருஷமும் நான் கடைக்குச் சாப்பாட்டுக்குப் போவதில்லை. எனது காம்பறையில் (Kitchen in the cupboard) ஒன்று செய்து அதில்தான் சமயல் எல்லாம் செய்து கந்தோருக்கும் கொண்டு போவேன். பிட்டு, தோசை, உப்புமா, புளிச் சாதம் எல்லாம் சமையல் செய்வேன்.

எனது நண்பர்கள் M. P.s Dist. Ministers, Engineers, Doctors, Civil Servants, மற்றும் அனேகரும் தங்கள் சம்சாரங்களுடன் வந்து பார்த்து சந்தோசப்பட்டு போவார்கள். விருந்து உபசாரமும் நடக்கும் எனக்கும் தனது தம்பி மாரிருவருக்கும், சமயலை தொடக்கிவிட்டவர் Dr. R. V. N. செல்வத்துரைதான். தம்பிமார் இருவரும் இரண்டுநாட்களுள் களைத்துவிட்டார்கள். நான் 7 வருடங்களாக சமைத்து சாப்பிட்டு சந்தோசமாக இருந்தேன். என்னுடன் வந்து பழகிய 30 மாணவர்கள் வெற்றிகண்டார்கள். Boarding Master வேலைதான் என்னை 4-30 மணிக்கு எழுந்து எல்லாவேலையையும் செய்யப்பழக்கியது. எனது குளிக்கும் அறையில் மில்க் வைற் நீலசோப், சன்லைற், றெக்ஸோனா, லக்ஸ் ஆகிய எல்லாஇன சவர்காரங்களும் இருக்கும் ஆனால் நான் மில்க் வைற் சவர்காரம்தான் பாஸிப்பேன், அதில் புல்எண்ணை சேர்க்கப்பட்டு இருக்கிறது.

(1) சேவ் எடுக்க, (2) பல் துலக்க (3) குளிக்க (4) சொடுகுபோக (5) உடுப்புத் தோய்ச்சு (6) எவ்ர்சில்வர் பாத்திரங்கள் மினுக்க நான் இதை பலநோக்குச் சவர்க்காரம் என்று சொல்வதுண்டு. பிற்பாடு Dr. West's Brush ஆல் Brush பண்ணுவேன். சம்போலுக்கு பதிலாக தலைக்கும் பாவிப்பேன். குளித்து முடிந்தபிற்பாடு 3 சொட்டு நல்லெண்ணையை வாய்க்குள் ஊற்றி வைத்திருப்பேன் பிற்பாடு அதை விழுங்கிவிடுவேன் காலை எச்சில் வயிற்றுக்கு மெத்தநல்லது எத்தனையோ வியாதிகளை மாற்றும். 5 சொட்டு

நல்லெண்ணையை கையில்விட்டு தலையில் வைத்து நல்லாகப் பிரட்டவேண்டும். படுக்கைவிட்டு எழும்புமன் படுக்கையில் இருந்தே கண்ணுக்கும் போடலாம். சைலூவில் காலை எச்சியை விழுங்கி விடுவார்கள். பருக்களுக்கு மெத்த நல்லது. நாய் எப்படி புண்ணை மாற்றுகிறது நக்கித்தான் எங்கள் சாப்பாடுகளுடன் எவ்வளவு எச்சில் வயிற்றுக்குள் செல்கிறது அது இல்லாவிட்டால் செமிக் காது. நான் எப்பொழுதும் கட்டைக் கால்சட்டையை விடும்பி அணிவேன். அது போட்டால்தான் எனக்கு உசர்வரும்: வெள்ளைக்காரர் எங்கள் தேசத்தில் அதையே விடும்பிப் போடுவார்கள். யேசுக்கிறிஸ்துதாதர் சொல்லியிருக்கிறார் "உன்னை நீயே சுகப்படுத்திக்கொள்" என்று.

நான் தினமும் காலைச் சாப்பாட்டை 5-30 மணிக்கு சாப்பிடுவேன். இதுதான் எனது பிரதான சாப்பாடு. மத்தியானம் கறியும், சோறும், பிற்பகல் 5-30 மணிக்கு ஒரு இலேசான உணவு, இரவில் சாப்பிடமாட்டேன். சொல்லப்பட்ட நேரங்களில் எல்லாக் கருமங்களையும் செய்வதால் நான் இப்பொழுதும் சுகதேகியாக இருக்கிறேன். எனக்கு இரு சுவாமிகள் துணையாக இருந்து உதவிசெய்தார்கள் யோகர் சுவாமியும், குடைச் சுவாமிகளும். யோகர் சுவாமிகளின் உதவியால் அரசாங்க உத்தியோகம் கிடைத்தது. குடைச் சுவாமிகளின் உதவியால் பொருள் வரவு கூடியது. "வேண்டுவோர் வேண்டுவதை ஈவான்கண்டாய்", எப்பொழுதும் ஒரு குரு இருக்கவேண்டும். 'கேளுங்கள் கொடுக்கப்படும்'. இதற்கு நல்நடத்தை

AUTHOR



(during Younger Days)



SINNATHAMBY NAGULENDRAN

B. Sc., I. C. M. A. (London)

Played for All Ceylon President's Eleven

AUTHOR



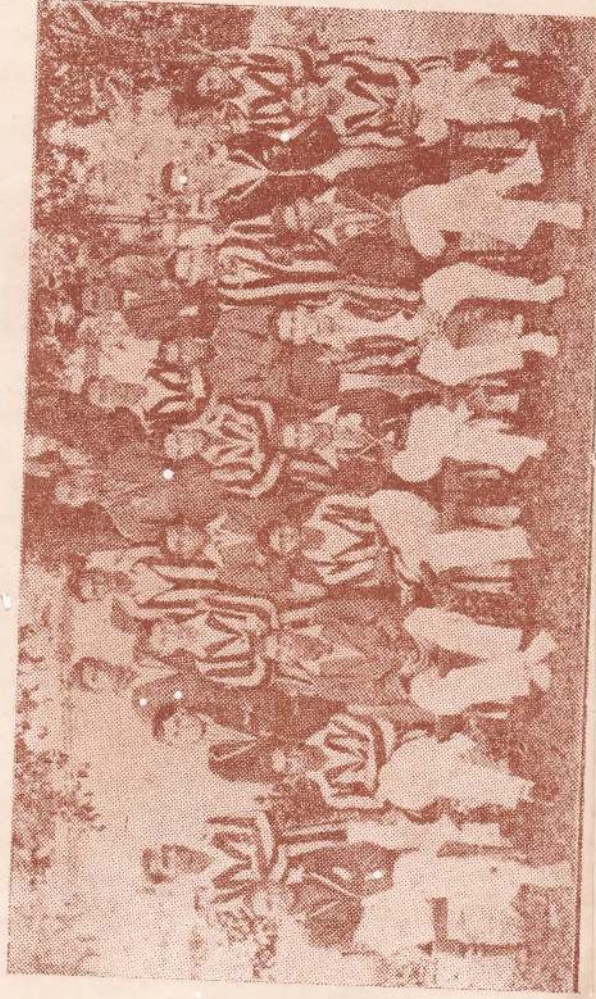
(during Famine Days)



SINNATHAMBY NAGLENDRA
B.Sc., A.C.M.A. (London)

Played for All Ceylon President's Eleven

ROYAL THOMIAN CRICKET MATCH



Top Row : H. C. Dharmaratne, F. L. Adihetty, J. K. Jayawardene,
 D. Fairweather, C. L. Perera.
Second Row : A. N. J. de Silva, H. Meedeniya, T. J. Vanrooyen,
 H. Wijetunge, R. Werkmeister, W. Goonewardene,
 R. Barber, W. Ludovici, M. Abeyakoon.
Seated : N. S. Joseph, C. S. Ratwatte, D. Lieversz,
 A. V. Kanagasabai, (Capt.) D. S. Gunasekera, (Capt.)
 C. V. Cooke, F. L. Goonewardene and R. Jayatilake.

(Royal won by an innings and 6 runs)

இருக்கவேண்டும். ஒருவருக்கும் நம்பிக்கைத் துரோகம் செய்யக்கூடாது. மனம் நல்லாய் இருந்தால் வாழ்வும் நல்லாகவரும். 'விதைத்ததைத் தான் வெட்டவேண்டிவரும்' மகாத்மா காந்தியாழ்ப்பாணம் வந்தபொழுது எத்தனையோபேர் இருக்க கலைப்புலவர் நாகரெத்தினமும், A. E. தம்பரும் என்னையே தெரிந்தெடுத்து அவர்களுக்கு விருந்து பரிமாற விட்டார்கள். சேர். வைத்திலிங்கம் துரைச்சாமி வீட்டில். பிற்பாடு மத்திய கல்லூரிக்கு வந்தபொழுது எனது சால்வையையே அவர் இருக்க விரித்தார்கள். ஜவகர்லால்நேரு யாழ்ப்பாணம் வந்தபொழுது, கமலாதேவிசட்டோ பாத்தியாய வந்தபொழுதும் நான் அவர்களுடன் நெருங்கிப்பழகி வந்தேன், கிருஷ்ணனும் மதுரமும் என்னுடன் 3 நாட்கள் தங்கியிருந்தார்கள். சுவாமி விபுலானந்தரை 3 நாட்கள் என்னோடு இருந்து எனக்கு ஆசீர்வாதம் தந்தார். எனது தாயார் 92 வயதுமட்டும் இருந்தார். அவ என்மேல் கூடியபட்சமாக இருந்தா. அதுதான் எனக்கு பெரிய ஆசீர்வாதம். அவரின் உடம்பில் ஏதாவது வித்தியாசம் இருந்தால் Kruchen Salt குடிப்பா. அதுக்கு சரிவராவிட்டால் கீரிமலைக்குப்போய் கடலில் குளிப்பார். சுகம் வந்துவிடும். எனக்கும் கடல் குளிப்பிலும் சயிக்கில் ஓட்டத்திலும் நம்பிக்கை உண்டு. கடைச்சாமியாரின் கிருபையால் தான் C. S. K. வீடு இந்த நிலபரத்துக்குவந்தது. கடைச்சாமியார் எனது அம்மா பத்து வயதுப் பிள்ளையாக இருக்கும்பொழுது எனக்கு நன் கொடையாக வந்தவளவில் கால்வைத்ததாக. அந்த தலைவாசலில் உக்கரந்தார் என்று அம்மா

சொல்வதுண்டு. அதே இடத்தில் கட்டிய புதிய வீடு எனக்கு வரப்போவதாகச் சொன்னவர் குடைச்சாமியார். 'எல்லாம் எப்பவோ முடிந்த காரியம்' என்று போகர் சுவாமிகள் சொல்வார். எப்பொழுதும் ஒரு குரு இருக்கவேண்டும் என்பதை மறந்துவிடாதீர்கள். குடைச்சாமியாரின் தொடக்கம் சுப்பிரீங்கோட்டு இராசா.

Dr. Ratha Krisnan (President of India)
ரூதா கிருஷ்ணருக்கு (Neela Kanda Bawa)
நீலகண்ட பாவாவே குருவாக இருந்தார்.

மனம்போல வாழ்வு

எல்லாம் ஆனந்தம் !

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