

Truth and the Tigers

by John Thompson, National Post, Canada
(<http://www.nationalpost.com/opinion/story.html?id=1354480>)

Published: Thursday, March 05, 2009

No prolonged violent civil war ends quietly; and the Liberation Tigers of Tamil Eelam(LTTE) are squalling like, well, a cat on the losing end of a desperate fight.

Throughout the countries that shelter the Sri Lankan Tamil diaspora, the Tigers' activists are desperately trying to win some reprieve for the last LTTE guerrilla force trapped in Sri Lanka. The problem is that the Tamil Tigers began as a terrorist group; and the two main traits of terrorists are deception and atrocity.

Terrorists try to convince both themselves and a wider audience that their cause is righteous. It seldom is. Reformers like Martin Luther King, Mahata Gandhi and Lech Walesa proved that non-violent protest works. Terrorists are people who prefer violence; their first targets are often the aspiring King -and Walesa - types who would lead the terrorists' preferred audience along a gentler path. Prabhakaran, the Tiger Supremo, began his career by murdering a federalist Tamil politician who preferred to work within the political system.

The violence of a terrorist is a fast-track to leadership faster than working within a political system. The leaders of terrorist groups are often "self-actualizing," choosing a path that lets them convince themselves that violence is excusable. Few conflicts have simple causes, and descriptions of the complexities behind the Sri Lankan war with the LTTE have filled entire books. But most people prefer simple narratives; terrorists and their supporters are no exception. A highly involved struggle in Sri Lanka was slowly turned into a Sinhalese vs. Tamil epic by the Tigers, and that's the story they still push even now. Atrocity is the stock-in-trade of the terrorist who feels he has to use outrageous violence to give truth to his lies to justify his actions.

One basic tactic of terrorism is to goad authorities into an overreaction which then polarizes the terrorists' target community and alienates them from the wider society. The Sri Lankan civil war is widely held to have started when Sinhalese mobs killed hundreds of Tamils and forced tens of thousands to flee in 1983. The Tigers have used this event to justify all their actions ever since. What they do not discuss are the years of terrorist activity leading up to this explosion of rage. Moreover, guerrilla forces do not manifest overnight; the LTTE already had a guerrilla force in advance of the outbreak of rioting.

The guerrilla war has been waged off and on for 26 years now. Yet we are supposed to forget that the Tigers have probably killed more Tamils than the Sri Lankan



John Thompson

government has; not least through their suppression of rival Tamil perspectives.

There have been three major ceasefires in the LTTE war each one broken by the Tigers as soon as they had rebuilt their ranks and restocked their war chest. The Tigers also assassinated two heads of state, pioneered the suicide belt-bomb and generally established a reputation as one of the most audacious terrorist groups the world has ever seen.

As the Tigers' last main guerrilla force retreated to its current position in January, they held tens of thousands of Tamil civilians at gunpoint, using them as human shields. This hasn't slowed down Sri Lanka's Army much; so now the> Tigers are using their own hostages as "proof" of alleged genocidal instincts in the Sri Lankan government.

However, past LTTE terror tactics, like truck bombs in office buildings and time bombs on buses, didn't discriminate between Sinhalese, Tamils and Sri Lanka's minority Muslims and Burghers.

If the Tigers were that concerned about the hostages they use as human shields, they could surrender or let them go. They show no signs of doing either. They are eager for aid to be delivered inside their lines for the relief of the hostages; but their own larder is also running low.

For all their squalling, the Tigers don't deserve our sympathy, and it's shameful of them to demand it.

- John Thompson is president of the Mackenzie Institute, a Toronto-based research group focused on organized violence and political instability.

Avocado's cholesterol lowering effect

Avocado cholesterol diet is beneficial for lowering cholesterol, despite of avocado fat content and carbohydrate. The reason is that avocado is a great source of heart-healthy monounsaturated fat. The avocado fat is a type of fat that may actually help to raise levels of HDL ("good" cholesterol) which actually protects arteries, while lowering levels of LDL ("bad" cholesterol).

In case you are not familiar, HDL or the good cholesterol is the one that cleanses the arteries from the LDL or bad cholesterol build up. So, it flows naturally that the higher the HDL / good cholesterol, the less is LDL / bad cholesterol.

Types of fat and avocado fat.

You need not worry about the avocado content of fat, as this fat is not harmful nor does it increase your cholesterol levels. To distinguish the types of fat, including avocado fat, you need to understand saturated fats, monounsaturated fats and polyunsaturated fats.

Saturated fats, are those types of fat that are harmful and increase cholesterol levels. However, **mono unsaturated fats** (avocado fat is of this type) and **polyunsaturated fats**, are not harmful and do not increase cholesterol levels. On the contrary monounsaturated fat and avocado fat help lower cholesterol.

Avocado's cholesterol lowering effect.

According to a recent study in Brisbane, Australia reported that eating avocados daily for three weeks improved blood cholesterol in middle-aged women better than a low-fat diet did. The avocado diet reduced total cholesterol 8 percent compared with 5 percent for the low-fat diet. Most important, avocados improved the good HDL-cholesterol ratio by 15 percent.

The daily amount of avocado ranged from 1/2 avocado for small women to 1 1/2 for large women.

By eating avocados, heart patients could cut their risk of heart attack 10-20 percent and death rates 4-8 percent in 3-5 years.

අලිගැට පේර යන නම හැදුනේ මෙසේය. මේවා පේර පවුලට අයත් නෑ. අලිපේර වර්ග දෙකකි. එක වර්ගයක පොත්ත මෘදුය. අනෙක් වර්ගයේ පොත්ත කිඹුල් ගමක් මෙන් ගොරෝසුය. ඒ නිසා එයට ඉංග්‍රීසි යෙන් ඇලිගේටර් පෙයා 'Alligator Pear' යනුවෙන් කියති. ඇලිගේටර් යනු ලොකු කිඹුලාය. මේ ඇලිගේටර් පෙයාර් ලංකාවේ දී අලිගැට පේර විය.



කොලොස්ටරෝල් අඩු කරන අලිගැට පේර

අවකාඩෝ හෙවත් අලිගැට පේර සිරුරේ කොලොස්ටරෝල් අඩුකිරීමට සමත්බව වෛද්‍ය වරු එක හෙලා කියති. කොලොස්ටරෝල් වර්ග දෙකක් ඇත. ඒවා හොඳ කොලොස්ටරෝල් හා නරක කොලොස්ටරෝල් වශයෙන් හැඳින් වෙයි. අලිපේරවල මේද අඩංගු නමුත් එහි ඇත්තේ HDL යනුවෙන් හඳුන්වන හොඳ කොලොස්ටරෝල්ය. ඒ හොඳ වර්ගය හෘද නහර පිරිසිදුව තබයි. එසේම නරක කොලොස්ටරෝල් වන LDL ගොඩගැසීම වළකවයි.

අලිපේර වල ඇති මේද ගැන බයවිය යුතු නෑ. එය ශරීරයට හානිකර නොවේ. ඒ නිසා අලිපේර කෑ විට කිසියම් කොලොස්ටරෝල් මට්ටම ඉහළ නොනගී. මේද (fat) ගැන කතා කිරීමේදී ඔබ මේද වර්ග ගැන දැනගත යුතුය. මේද තුන් වර්ගයකට බෙදේ.

සංතෘප්ත මේද (saturated fat) අසංතෘප්ත මේද (mono-unsaturated fat) සහ බහු අසංතෘප්ත මේද (polyunsaturated fats) ලෙසය.

සංතෘප්ත මේද ශරීරයට හානිකරය. ඒවා කොලොස්ටරෝල් මට්ටම ඉහළ නංවයි. අනෙක් මේද වර්ග දෙකම හානිකර නොවේ. හානිකර මේද අලිගැට පේර වල අඩංගු නැති නිසා ඒවා අනුභවය සුදුසු බව වෛද්‍ය මතයයි.

මෑතකදී ඕස්ට්‍රේලියාවේ බ්‍රිස්බේන් නවර දී කරන ලද පර්යේෂණයකින් පෙනුණු කළේ මේද අඩු වෙනත් ආහාර ගත් අයට වඩා අලිපේර දිනපතා සති තුනක් ගත් කෙනෙකුගේ කොලොස්ටරෝල් ප්‍රමාණය ඒ පුද්ගලයාට වට කලින් මේද අඩු වෙනත් ආහාරයක් ගනිද්දීට වඩා ඉතා පහළට බැස ඇති බවයි. එසේම ඒ තැනැත්තාගේ හොඳ කොලොස්ටරෝල් HDL ප්‍රමාණය ඉහළ නැග තිබිණ.

අලිගැට පේර සම්පූර්ණ ගෙයියක් හෝ බාගයක් හෝ පුද්ගලයාගේ ශරීරයේ ප්‍රමාණය අනුව දිනපතා ගැනීමෙන් හෘදය රෝගීන්ට හෘදයාබාධ වැළඳීමේ අන්තරාය අඩුකර ගත හැකි බව වෛද්‍යවරු පෙන්වා දෙති. මේ ලිපිය පළකිරීමේ මුඛ්‍ය අදහස කොලොස්ටරෝල් ඇතැයි අලිගැට පේර කන්නට අපේ සමහර අය දක්වන අනිසි බිය නැතිකිරීම පිණිසය.

Holiday Air
A Travel Experience to Remember

The No. 1 Agent to Sri Lanka

BOOK NOW & SAVE on your 2009 Flights & Holidays with us

Best Deals					
 Cash + FlySmiles Offer £170* + 10 000 FlySmiles Miles	 £380 +Taxes	 £470* +Taxes <small>* Free stopover India / Hong Kong Tokyo / Beijing / Singapore Bangkok / Kuala Lumpur</small>	 £326 +Taxes	 £260 +Taxes	 £350 +Taxes

Unbeatable worldwide fares now available on our 24-hour online booking system

www.holidayair.com

0208 4400 770
 96 High Street, Barnet, Herts EN5 5SN

Bangkok	£367	Sydney	£610
Hong Kong	£315	Las Vegas	£250
Dubai	£235	Los Angeles	£275
New York	£210	Orlando	£257

Terms and Conditions Apply. **Date-Specific Promotional Fare