Sri Lanka's national debt to them. While I retain my political views in every possible way, I join without government and the people of our land in expressing our gratitude to the richer countries of the world. Through their assistance and the determined efforts of our own people, before many more decades have past, Sri Lanka will once again be the beautiful land it was and improve its quality of life. Politics and so-called terrorism apart, it is clear that the human spirit still persists among the peoples of the world.

<u>A Final Note</u>: Not being a geologist or a geophysicist but only a simple physicist, if any small errors there be in my description of Plate Techtonics, I beg pardon from my readers for this.

Post Script

he massive earthquake and the accompanying Tsunami devastated about 11 or 12 countries of the Asian region. As far as possible I have mentioned some of the details of the terrible event. However, almost 3 months later in very late hours of March 28th another massive earthquake occurred in the same region, namely the sea bed near the island of Sumatra. Governments and countries throughout the Asian region prepared themselves for another possible Tsunami. However, despite their fears no such Tsunami ensued. The greatest damage nevertheless was done to

Sumatra and neighbouring island Niyas in Indonesia, as a total of over 2000 are believed to have been killed.

Nobody yet knows the exact cause of this earthquake. Broadly it is said to be an aftermath of the December 26th event. Though not a geologist myself it is my personal opinion that the earthquake of the December 26th was the result of a vertical reaction between the Indo Tectonic plate of the earth crust and the Australian plate which separated in recent times. The result was a massive column of water which proceeded as a wave towards the west. The details of this, the above article as already dealt with. It is my opinion that the March 28th earthquake was caused by horizontal movement of segments of the two broken plates. This is probably why a Tsunami wave did not result in the Indian Ocean but only in parts of Indonesia and their neighbouring islands.

Our ignorance regarding this phenomena is still very great. I agree completely with the government in setting a 100m limit against building on the coast. Arthur C. Clarke says this should be 300m; and the Indian government has in fact set a 500m limit. Much more underwater research has to be done before a proper understanding is possible. Whether the repetition of this phenomena including another possible Tsunami is likely to occur, scientists themselves are unable to predict.

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SUPPORT RESTORATION OF DEMOCRACY IN NEPAL EXPRESS SOLIDARITY FOR THE STRUGGLE FOR DEMOCRACY IN NEPAL

N epal's King Gyanendra assumed absolute power on February 1, 2005, imposed state of emergency repealed many provision of the constitution of Nepal and curtailed democratic and human rights of the people of Nepal. Leaders of democratic parties have been put under house arrest and scores of journalists, human rights activist and political cadres of various democratic parties have been under illegal detention.

In the name of containing insurgency in the country, the king has actually targeted democracy and people who were slowly developing a democratic culture.

After the Feb 1st royal takeover, arbitrary arrests, illegal detention, and the use of force have been order of the day. Each day, hundreds of pro-democracy supporters are arrested from the streets. Political leaders are barred to travel to outside Kathmandu valley.

Five mainstream political parties are launching street protests, and other forms of protest for the restoration of multi-party democracy, rule of law, a sovereign parliament (by periodic election), and the inalienable human rights of Nepalese people. They represent the Nepalese opinion for democracy. Support this struggle.

The continuous protests in the streets of Kathmandu. Pokhara, Nepalganj, Janakpur, Biratnagar and other urban centres of Nepal are against the autocratic rule of the King and for release of all political prisoners, restoration of press freedom, peaceful solutions of insurrection and for mainstreaming the insurrectionary forces in the democratic polity of the country. Support this movement and help save this beautiful Himalayan nation.

Your support counts: Please show your support for this campaign with signatures or/and please join e-campaign for democracy and write to the office of the Prime Minister and council of ministers: info@pmo.gov.np