

**SEYLAN PAWNING SERVICE**  
 Advance for Gold  
 Rs.13,250/- for 24 Karat Sovereigns  
 Rs.18,000/- for 22 Karat Sovereigns  
 Contact:  
 Director: 0772 092837  
 Charitie: 0773 813140

# Overcoming Shyness



Two-headed tortoises are extremely rare, but not unheard of

## Two-headed tortoise growing twice as fast as its siblings

by Lucy Cockcroft

A tortoise born with two heads has amazed aquarium staff, after taking advantage of his disability to consume twice as much food as his siblings.

Workers at the Water World aquatic farm at Wuwei town in Anhui, eastern China, were shocked to discover the unusual creature after they ordered a shipment of baby tortoises from a local farm.

Initially they were worried that the tiny 0.6oz (17g) mutant reptile would not survive, but it soon began to overtake its brothers and sisters in size.

Water World spokesman Jimmy Hu said: "We got it two weeks ago and it's growing fast, probably because it can eat twice as fast as the others."

"It was mixed among many other tortoises and we only discovered it this week."

"It's very rare to see a tortoise with two heads, we plan to keep it and raise it carefully for future research."

Two-headed tortoises are extremely rare, but not unheard of.

In 2004 John Jones, from Dorchester, Dorset, was amazed to find his Mediterranean spur-thighed tortoise hatched a two-headed infant.

Although its two heads worked independently, like the Chinese tortoise, it is believed their necks were joined.

Also, in 2003 welder Noel Daniels reported that a two-headed angulate tortoise had hatched from eggs laid at his home in Wellington, South Africa.

And Jill Martin, of the Tortoise Trust, also hatched one in south Wales in 2001.

© Telegraph Group, London, 2008

by Dr. R. A. R. Perera,  
 MBBS (Cey) M.Sc. App.  
 Psychology (Col) Visiting  
 Psychologist

Have you ever experienced shyness? Of a large group of people surveyed in California, 99 percent indicated that they had experienced shyness, and 42 percent of that group said that shyness was a basic part of their personality. Of those who labelled themselves as basically shy, 63 percent said that shyness posed a real problem in their day-to-day life. There was no gender difference in the intensity of the problem.

Being in a large group and being the focus of attention seem to create the most intense discomfort for many people, with strangers or members of the opposite sex posing particular difficulties. Speaking before an audience created more anxiety, outranking the anxiety about sickness or death.

Shyness can produce

both physical and emotional consequences. The shy person experiences increase heart rate, perspiration (especially on the palms), and feeling of nausea. Intellectual performances and memory for recent events may be impaired. During heterosexual interactions they converse less frequently and for a smaller percentage of the time. They allow more silences to develop, and they break fewer silences. Shy people feel less comfortable about heterosexual encounters.

Shyness may reflect the kind of apprehension a person has about self-evaluation. An individual may feel shy when he or she is apprehensive about failing in the view of others.

New comers to groups may be especially vulnerable while other group members are making decisions about their acceptability. Only after some time, they shift to minority cliques or become independent.

Can anything be done to help persons suffering from

shyness? Many psychologists believe that specialised training in social skills may be helpful. Such training often encourages the individual to try various techniques for getting along more effectively with others.

In Sri Lanka we lack facilities for assertive training which is a specialised subject at school level in most developed countries.

This could be started at secondary school level by introducing dramas and group discussions where all the students take part in the activity at different times.

A person can overcome this by 'switching off' the external stimuli and focussing on the immediate task ahead. For example if you have to perform in front of an audience you can imagine that you are not in front of anyone and perform the task to yourself.

A person, who has taken a risk several times and has spoken up, finds typically that shyness begins to recede. The initial try often is the most difficult.

## Singing priests release CD

by Sarah Knapton

A trio of singing priests will release their debut album this winter after being signed by Sony BMG for £1.4 million.

Brother Father Eugene and Martin O'Hagan and Father David Delargy have been singing together for 30 years but were only recently discovered by music scouts.

Under the name 'The Priests' the group will release their first album in 32 countries in November with most of the profits going to charity or their home parishes in Northern Ireland.

The trio launched the group at St Patrick's Cathedral in Armagh, seat of the Roman Catholic Primate of All

### Holy trinity of singing priests tipped for success with debut album

Ireland.

Their set-list included Panis angelicus fit panis hominum, Abide With Me, Pie Jesu and Ave Maria and Vivaldi's Gloria.

Asked out they got ready for their performances, Father Eugene O'Hara said: "We've been hanging out in the sacristy and we've said a little prayer."

The Priests plan to



Eugene O'Hagan, 48, Martin O'Hagan, 45, and David Delargy have been singing together for 30 years

keep up their parish duties while embarking on a gruelling schedule

of concerts and promotional work. "Weddings, funerals,

baptisms, all these things will go on," said Father David while Father

Martin added: "Music is very much part of our lives, but our priority, of course, is the priesthood. The contract reflects that."

The three men met at boarding school before studying at Queen's University, Belfast and the Irish College in Rome, where they performed frequently for the Pope.

When Nick Raphael, managing director of Epic Records, heard them singing he knew he had struck gold. "I thought they were amazing. They have the X-factor."

"It's an extension of our ministry - it will speak to hearts well beyond the realm of the Church," said Father Eugene.

© Telegraph Group, London, 2008



**Kapila: Many strings to his bow, many irons in the fire**



**American University Exhibition a huge success**